



An increasing number of resorts and spas around the world are catering to menopause, bringing awareness to and embracing one of life's stages. There are some properties, however, going above and beyond with menopause-specific retreats, treatments and programs.



Menopause Weeks at Rancho La Puerta, Tecate, Mexico

Considered the original “fitness resort,” Rancho La Puerta will soon offer classes and lectures led by specialty experts to speak on hormonal health and navigating the stresses of menopausal transition. From night sweats to hot flashes to sleep disturbances to skin changes and everything in between, this property teaches how to best minimize these discomforts while optimizing wellbeing. One upcoming program, [Iyengar Yoga with Anna Delury](#), will be held the week of March 9. Here, women of all ages gain greater compassion for the menopausal transition years.
