



New menopause retreats are popping up all the time. Here are a few to consider in 2025.

Hot flashes, weight gain, sleepless nights, mood swings—if you're a woman of a certain age, those symptoms may be all too familiar. Menopause can rock your world, and not in a good way. One day, you're merrily going about your business; the next, you're a sweaty, cranky insomniac with a muffin top and road rage (just me?). Rather than suffer alone or in silence, some women are turning to menopause retreats to help them through this period of intense physical and mental changes.

By 2030, the world population of menopausal and postmenopausal women is projected to increase to 1.2 billion. Is it any surprise that retreats dedicated to all things menopause-related are becoming popular? Many women in menopause are searching for answers, support, and a place to commune with other women who are in the same boat. Menopause retreats offer that and more. Some are medically focused and include comprehensive medical evaluations and testing, while others are more about stress reduction, education, and fostering community. All are designed to help women cope with this bumpy transition and the sometimes scary physical and mental changes that can seem to come out of nowhere.

Menopause retreats provide a defined, dedicated period when women can “focus on the transition and learn about modalities and therapies to help them manage what’s going on with them both physically and mentally, says Dr. Jessica Shepherd, a board-certified gynecologist and author of *Generation M*. They’re also a way for women to meet other women going through similar situations, which can be validating and reassuring. “

Six thousand women enter menopause a day, and 40% of our lives are spent in the postmenopausal phase,” adds Dr. Shepherd. “Retreats are a perfect way to reset and calibrate.”

Jo Eke, a healthcare professional from Bath, England, went on the [Menopause Retreat at Combe Grove Health and Wellbeing](#) to find out what she could do to combat symptoms of menopause and learn more about the science behind new modalities and treatments.

“My joints ached, my memory seemed weaker, my confidence waned—I felt less vibrant,” she described. “I wanted to understand what was going on in my body and why, despite doing regular exercise, having a balanced lifestyle, and eating well, I wasn’t feeling myself, Eke said. She was nervous about going on the retreat but was glad she did. “It’s genuinely changed my life.”

Menopause Weeks at Rancho La Puerta

At Rancho La Puerta, one of the “original wellness destination spas,” [Navigating the Menopausal Transition](#) helps women learn all about the mind-body-spirit implications of menopause. The week-long programs, offered twice a year, feature guest lecturer Dr. Amanda P. Williams, a board-certified obstetrician-gynecologist and leader in women’s health who will present lectures on everything from hormonal health to navigating the stress of menopause.