

Flushed and Fabulous!

Real women.
Real conversations.
Genuine connections. ♡

Peri/Menopause DAY RETREAT

Expect a day filled with fun, support from, and connection to other women, guided by an experienced psychologist and colleagues experienced in wellbeing enhancing and symptom-management strategies to help you *thrive*. ♡



Share
Learn
Support
Thrive
♡



CONNECTION

Build friendships
and feel less alone



WELLBEING

Practical tools for
better balance, energy
and sleep



EXPERT GUIDANCE

Led by an experienced
psychologist and
colleagues



SYMPTOM MANAGEMENT

Evidence-informed
strategies for real
life relief



More
balance ♡



Better
energy ♡



A healthier,
happier you ♡

Take time
for you... ♡



Retreats run regularly
throughout the year
at local venues. ♡

For more information and to book
your place, please get in touch:



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07939247921 or 07765837482



Scan me
to get in touch
and book your place
♡



Hilton Health Consultancy
& ReikiEbbandFlow

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