

RADAR

A DELICATE BALANCE

The Retreat Costa Rica (Atenas) introduced The Big M: Mastering Menopause (starting at \$725 per night, based on a seven-night minimum stay) package, which is designed to help women navigate the hormonal challenges triggered by surgery, perimenopause, menopause, and post-menopause. The complete Mastering Menopause package includes a consultation and lifestyle plan; an individually curated wellness diet for hormonal balance; a Kegel exercise class to strengthen the pelvic floor; a resistance and strength-training class to build bone density and increase fat metabolism; and a menopause belly and chest exercise class for strengthening the core and lifting the chest. It also includes two deep-tissue massages at **Vida Mia Spa**; as well as two Vida Shirodhara Bliss sessions to improve sleep, relieve stress, and provide deep relaxation; a milk bath ritual to moisten and tighten the skin; a 60-minute crystal healing body scrub therapy or seaweed wrap; a hormone-balancing acupuncture session; an anti-aging facial to revitalize and refresh dry skin; a wellness juicing class; and



The package is designed to help women learn how to achieve the hormonal balance necessary to achieve an improved quality of life.

more. "Menopause is a time of change, transition, and sometimes, emotional disruption," says Diana Stobo, chef, bestselling author, health and wellness life coach, and founder of The Retreat. "As women enter this natural, but perhaps turbulent, phase of their lives, significant shifts in lifestyle and mindset can be necessary to cope. Our goal is to help women understand and manage these important changes—and

the myriad symptoms that accompany them—and learn how to achieve the hormonal balance necessary to attain an improved quality of life, good health, and emotional balance. The Mastering Menopause package allows us to teach our guests how to utilize appropriate foods, exercise, and mindfulness to maintain a hormonal balance throughout this often unsettling time in a woman's life."—N.A.