



menopause makeover

by Staness Jonekos

"I've still got it!"

Self-Confidence
Awareness Campaign

Celebrating your uniqueness during menopause

hormones

nutrition

fitness

beauty

emotions

relationships

spirituality

happiness

ask the expert

tips

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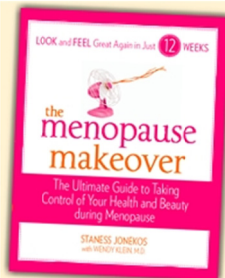
Breast Cancer Awareness Month Giveaway



Say YES to Yes

Limited intimate lubrication is a common problem for many menopausal women. Yes Pure Intimacy has the perfect solution – a sensuous, natural, discreet intimate lubricant range that is plant based, free from chemicals, glycerine and hormone mimics. Its purity is guaranteed as it is the only certified organic intimate lubricant in the world, combining the performance of an outstanding lubricant with that of a vaginal moisturiser. The recently launched Yes Travel Pack includes the company's top

selling applicators plus a water-based and an oil-based lubricant. www.yesyesyes.org



"After twelve weeks on *The Menopause Makeover*, I not only lost weight, but I feel a lifting of my spirits. I am more vibrant and energetic and have a more positive outlook on life"

Elyssia

Buy the Book

Available NOW!

REGISTER TO WIN TICKETS!

Menopause