

How BodyTalk can help support women through (peri)menopause

Preliminary study insights

92%

of participants showed an improvement in at least one of their physical and mental (peri)menopausal symptoms



83%

of participants saw a reduction in their overall stress levels



100%

of participants would recommend BodyTalk to a friend during (peri)menopause



"I noticed physical change after each session"

"My sleep definitely improved"

"I experienced clarity like rarely before"

"My mood is back to what it used to be. It's good to find myself back"

A full study summary will be published soon at
www.balanceblossom.com/thepractice

Participating practitioners:

Léna Lagier www.balanceblossom.com

Rieke Hartwell www.riekhartwell.com

Alexandra Bubalo alexbodytalk@gmail.com