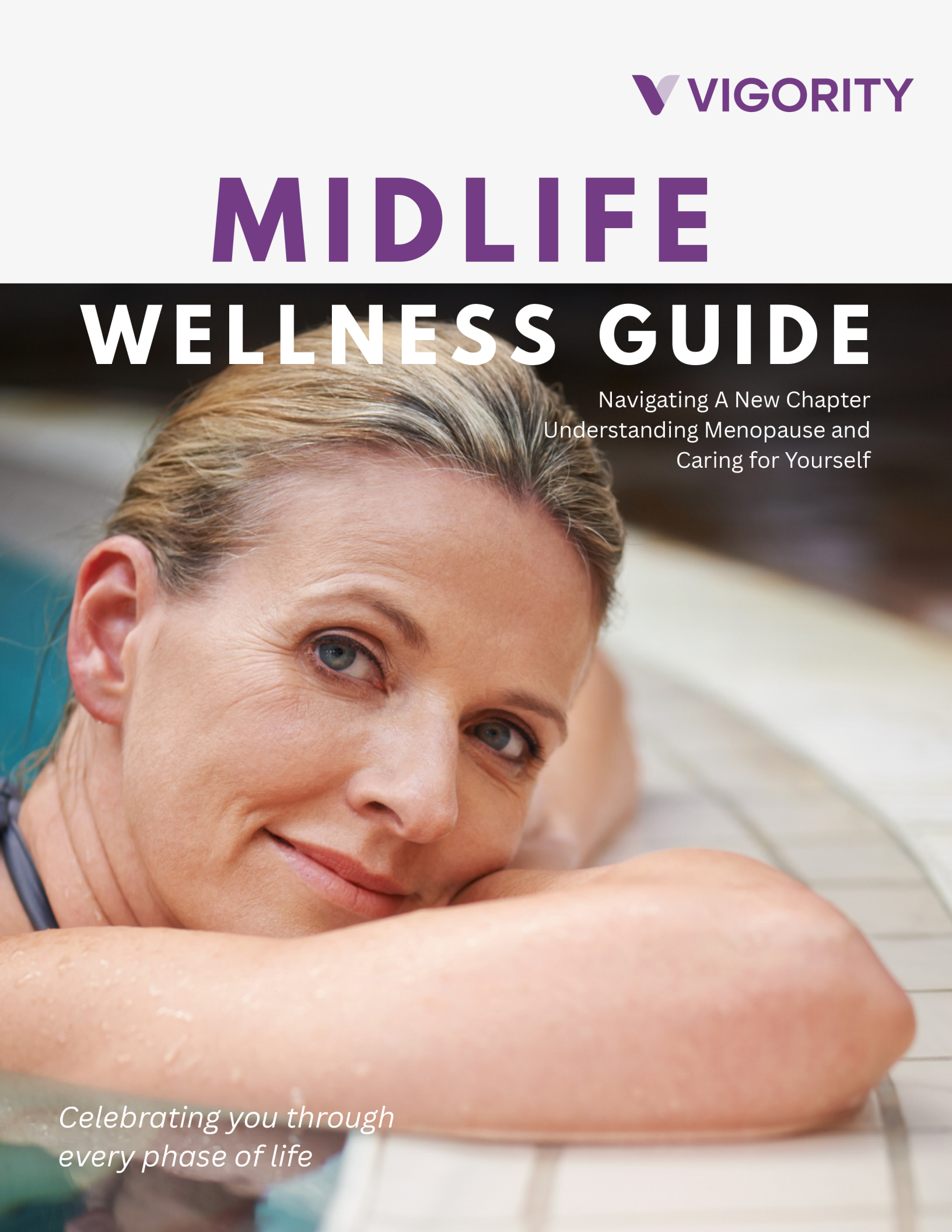


MIDLIFE

WELLNESS GUIDE

Navigating A New Chapter
Understanding Menopause and
Caring for Yourself

A close-up photograph of a woman with blonde hair, smiling and looking towards the camera. She is resting her head on her arms, which are wet with water droplets, suggesting she is in a pool or at a beach. The background is blurred, showing what appears to be a pool deck.

*Celebrating you through
every phase of life*



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GREETINGS



Dear Beautiful Community,

As the co-founder of Vigority, I wanted to reach out with a warm hello and a heartfelt thank you for being part of our mission. We created this brand because we know that being a woman comes with a tapestry of experiences—some radiant, some challenging, and all uniquely yours. From the ebbs and flows of monthly cycles to the transformative waves of menopause, we see you, and we're here to wrap you in support and understanding.

Our heart is in celebrating you through every phase of life. We're not just a brand; we're a community built on empathy, dedicated to making sure you feel seen, heard, and cared for. Whether you're navigating a new chapter or finding your rhythm in a familiar one, we're by your side, crafting solutions with love and care to help you shine as your truest self.

You are incredible, and we're so grateful to be part of your journey. Here's to embracing every moment together—because you deserve to feel empowered and cherished, always.

With all my warmth,



Vivienne Renwick
Co-Founder

UNDERSTANDING MENOPAUSE

What is Menopause? Defining the Transition

Menopause marks the natural end of the reproductive years, officially diagnosed after 12 consecutive months without a menstrual period—typically between ages 45 and 55. The transition, known as perimenopause, can begin years earlier and is marked by fluctuating hormone levels that eventually lead to the cessation of menstruation.

Common Symptoms and Their Impact

Hormonal changes during perimenopause and menopause can lead to a wide array of symptoms such as hot flashes, night sweats, mood swings, sleep disturbances, vaginal dryness, thinning hair, weight gain, and reduced libido. These symptoms may disrupt daily life, emotional wellbeing, and relationships—highlighting the need for supportive, effective solutions.

Hormonal Changes: What's Happening in Your Body

Menopause involves a gradual decline in estrogen and progesterone. Estrogen supports menstrual cycles, bone strength, skin elasticity, and emotional balance. Progesterone regulates mood and sleep and counteracts excess estrogen. As these hormones decrease, the body responds with symptoms signaling the transition.



The Role of Comprehensive Care in Menopause

Comprehensive care offers a holistic approach that addresses both physical and emotional challenges. Natural, topical solutions like creams and balms deliver relief directly where it's needed, without the risks of synthetic hormones. When combined with hydration, nutrition, relaxation, and daily rituals, these methods help restore comfort and control during this important life stage.

NUTRITION AND LIFESTYLE FOR MENOPAUSE SUPPORT



Exercise Routines for Energy and Mood

Regular physical activity improves energy, metabolism, and emotional wellbeing. Include weight-bearing exercises for bone health, cardio for heart health, and yoga or Pilates for flexibility and stress relief.



Foods to Support Hormonal Balance

Incorporate phytoestrogen-rich foods like soy, flaxseeds, and legumes. Leafy greens, fatty fish, and berries provide essential vitamins and antioxidants. Avoid processed sugars and caffeine to help reduce hot flashes and mood swings.

Explore our easy-to-follow recipes, specially crafted to support you through menopause.*

*Check out our recommended easy to follow recipes on page 12-13

Stress Management Techniques

Practice meditation, deep breathing, journaling, or spend time in nature. Just 10 minutes a day can lower cortisol and improve mood.

Sleep Hygiene for Better Rest

Wind down with a calming routine. Limit screen time, keep your bedroom cool, and use magnesium cream or herbal teas for relaxation.

Hydration and Its Role in Symptom Relief

Drink water throughout the day to support digestion, reduce bloating, and improve skin hydration. Add herbal teas for extra benefits.



HOLISTIC SELF-CARE DURING MENOPAUSE

Mental and Emotional Wellness Strategies

Use gratitude, affirmations, and goal setting to stay positive. Seek therapy or support groups if needed.

Building a Support Network

Surround yourself with people who listen and understand. A strong support network helps reduce isolation and increase emotional resilience.

Mindfulness and Relaxation Practices

Engage in activities that encourage present-moment awareness—such as tai chi, deep breathing, or mindful journaling—to enhance emotional regulation.

Skincare and Body Care Tips

Use gentle skincare with hyaluronic acid, vitamin C, and natural oils. Keep skin hydrated and protected.

When to Seek Professional Support

If symptoms persist or interfere with life, consult a healthcare provider. Personalized guidance ensures safe and effective care.





INTRODUCTION TO YOUR MENOPAUSE SAMPLE KIT

Overview of the Kit Components

The Menopause Sample Kit includes 5 targeted, natural products: Estrogen Cream, Progesterone Cream, Estriol (Face) Cream, Intimate Estriol Cream and Magnesium Cream. Each is formulated to support hormonal balance, relieve discomfort, and improve skin health, providing a complete, hormone-friendly care routine.



Estrogen Cream

Supports overall hormone balance and eases menopause-related discomfort for a smoother transition.



Magnesium Cream

Soothing magnesium and lavender cream for legs, feet, and tight muscles that relaxes your body, eases tension, and deeply nourishes skin.



Progesterone Cream

Targets progesterone-specific imbalances, helping reduce hot flashes, night sweats, and mood swings.



Estriol (Face) Cream

Focuses on skin health for face, neck, and sensitive areas, restoring firmness, elasticity, and youthful radiance while gently supporting hormone balance.

Intimate Estriol Cream

Plant-based estriol cream that soothes vaginal dryness and irritation, supporting intimate wellness with a gentle, fast-absorbing formula.



HOW TO USE YOUR MENOPAUSE RELIEF KIT

General Guidelines for Safe Application

Apply to clean, dry skin. Use clean hands, follow dosage guidelines, and rotate application sites to prevent sensitivity. Avoid broken or irritated skin.

Morning Rituals: Start the Day with Balance

Estrogen Cream

When: Morning, after cleansing skin

Where: Inner thighs, lower abdomen, or inner arms (rotate areas)

Why: Promotes hormone stability, supports mood, energy, and reduces hot flashes throughout the day.

Estriol (Face) Cream

When: Morning or evening, after cleansing and moisturizing

Where: Face and neck

Why: Promotes skin hydration, elasticity, and reduces signs of hormonal aging

Optional: Light stretching or mindfulness right after application helps set a calm, grounded tone for the day.



Evening Routine: Wind Down and Restore

Progesterone Cream

When: Evening, 30 minutes before bed

Where: Rotate between abdomen, chest, inner arms, thighs, or soles of the feet

Why: Supports sleep, reduces night sweats, and promotes overall hormonal balance.

Magnesium Cream

When: Evening or before bed

Where: Calves, feet, shoulders, or lower back

Why: Relieves muscle tension, promotes relaxation, and supports restful sleep

Optional: A warm bath before application enhances relaxation and absorption of magnesium and progesterone.

Create a Consistent Self-Care Schedule

1. Use products at the same times daily to support hormonal balance.
2. Track key symptoms weekly: hot flashes, sleep, mood, dryness, joint stiffness.
3. After 2–4 weeks, review progress and adjust routine if needed.
4. A journal or tracker can help monitor patterns and improvements.

Pre-Menopause (Perimenopause)

Hormones start fluctuating but haven't fully declined.

- Estrogen Cream
 - ▶ Apply once daily in the morning, to help offset early estrogen dips and reduce hot flashes or mood swings.
 - ▶ Start with lower dose (0.5g) and increase if needed.
- Progesterone Cream
 - ▶ Apply in the evening during the luteal phase (days 14–28 of the cycle), when natural progesterone is normally higher.
 - ▶ Use to ease irritability, sleep issues, and PMS-like symptoms.
- Estriol (Face) Cream
 - ▶ Apply as needed for dryness or fine lines.
- Intimate Estriol Cream
 - ▶ Use if occasional dryness occurs.
- Magnesium Cream
 - ▶ Apply before bed, to legs or feet, for stress relief and better sleep.





Menopause

Periods have stopped, and estrogen/progesterone levels drop significantly.

- Estrogen Cream
 - ▶ Apply daily in the morning, even on weekends.
 - ▶ Helps relieve hot flashes, fatigue, and mental fog.
- Progesterone Cream
 - ▶ Apply nightly, no need to cycle.
 - ▶ Supports sleep and helps balance estrogen effects.
- Estriol (Face) Cream
 - ▶ Daily use recommended to combat accelerated skin changes.
- Intimate Estriol Cream
 - ▶ Use daily for comfort and moisture support.
- Magnesium Cream
 - ▶ Apply after evening bath or before bed, especially to calves, feet, or shoulders.
 - ▶ Supports deep relaxation and restful sleep.

Post-Menopause

Hormone levels remain low and stable; symptoms may persist.

- Estrogen Cream:
 - ▶ Continue daily morning use to maintain symptom relief and skin elasticity.
 - ▶ Can be reduced to every other day if symptoms stabilize.
- Progesterone Cream
 - ▶ Continue evening use, especially if struggling with sleep or mood.
 - ▶ Can adjust based on symptom changes (e.g., use 5 days on, 2 days off if balance feels right).

- Estriol (Face) Cream
 - ▶ Can be applied 1–2x daily for hydration and tone maintenance.
- Intimate Estriol Cream
 - ▶ Daily or as needed for dryness or irritation relief.
- Magnesium Cream
 - ▶ Maintain nightly use for muscle comfort, sleep quality, and mood balance.
 - ▶ Ideal for ongoing wellness and skin hydration.

FAQS & TROUBLESHOOTING

Common Questions About the Relief Kit

- Can I use all the creams together?
- Yes, with appropriate timing and spacing.
- How long until results?
- Most users notice changes within 2–4 weeks.

Addressing Application Challenges

If skin sensitivity occurs, reduce frequency or switch application sites. Store products at room temperature and away from sunlight.

Managing Side Effects or Sensitivities

Check for allergies to ingredients. Discontinue use if reactions persist, and consult a doctor.

Combining the Kit with Other Treatments

Always consult your provider before combining with prescription HRT or other supplements.



NOURISH TO FLOURISH — MENOPAUSE- FRIENDLY RECIPES

Hormone-Balancing Smoothie

Ingredients:

- 1 cup unsweetened almond milk
- 1 banana
- 1 tbsp ground flaxseed (phytoestrogens + omega-3s)
- 1 tbsp almond butter
- ½ cup frozen blueberries (antioxidants)
- Handful of spinach
- Dash of cinnamon

Directions:

Blend all ingredients until smooth. Drink in the morning or as an afternoon pick-me-up.

★★★★★ (4.8/5)

A powerful blend of flaxseed, almond butter, and blueberries supports hormone balance, delivers steady energy, and promotes mood stability with antioxidant-rich nourishment.

★★★★★ (4.7/5)

This calming herbal blend of sage, chamomile, and ginger naturally eases night sweats, enhances sleep quality, and soothes the body for restful, balanced nights.

Evening Herbal Tea Elixir

Ingredients:

- 1 cup hot water
- 1 chamomile tea bag
- ½ tsp dried sage (can reduce night sweats)
- Slice of fresh ginger
- Optional: 1 tsp honey

Directions:

Steep all ingredients in hot water for 5–7 minutes. Sip before bedtime.

Salmon & Quinoa Bowl

Ingredients:

- 1 salmon fillet (grilled or baked)
- ½ cup cooked quinoa
- 1 cup steamed broccoli
- ¼ avocado, sliced
- Olive oil + lemon juice + sea salt (for dressing)

Directions:

Layer quinoa in a bowl, top with salmon, broccoli, and avocado. Drizzle with olive oil and lemon juice.

★★★★★ (4.9/5)

Nutrient-rich chia pudding combines calcium, omega-3s, and fiber to support bone density, heart health, and digestive balance—perfect for managing hormonal changes naturally.

Chickpea Spinach Stew

Ingredients:

- 1 can chickpeas (drained & rinsed)
- 2 cups fresh spinach
- 1 garlic clove (minced)
- 1 tbsp olive oil
- ½ tsp turmeric
- ½ tsp cumin
- 1 cup low-sodium vegetable broth

Directions:

Sauté garlic in olive oil, add spices, then chickpeas. Pour in broth and bring to a simmer. Stir in spinach until wilted. Serve warm.

★★★★★ (4.9/5)

Nourishing bowl of salmon, quinoa, and broccoli delivers essential omega-3s, complete protein, and calcium-rich fiber to support mood, joint health, and strong bones during menopause.

Calcium-Rich Chia Pudding

Ingredients:

- 1 cup unsweetened almond or soy milk
- 3 tbsp chia seeds
- ½ tsp vanilla extract
- 1 tsp honey or maple syrup (optional)
- Toppings: sliced almonds, berries

Directions:

Mix chia seeds, milk, vanilla, and sweetener in a jar. Stir well and refrigerate overnight. Add toppings before serving.

★★★★★ (4.7/5)

This hearty stew combines chickpeas, spinach, and turmeric to support energy, digestion, and joint comfort with plant-based protein and anti-inflammatory benefits.

EMPOWERING YOUR MENOPAUSE JOURNEY

Menopause is not an end—it's a new beginning, a time to embrace wisdom, rediscover balance, and care for yourself in deeper, more intentional ways. Start by setting gentle, realistic goals like better sleep or calmer moods, and celebrate progress along the way. Stay informed with reliable resources, and know that you're not alone—support, knowledge, and strength are all within reach. Most importantly, honor your resilience. You've faced life's many seasons with courage, and this chapter is no different. You are strong, you are evolving, and your journey is something to be proud of.



ALSO FROM VIGORITY



Vaginal Moisturizer Gel

Hyaluronic acid vaginal gel that soothes dryness and irritation with gentle, hormone-free, pH-balanced hydration in easy single-use applicators.



Beef Tallow and Honey Balm

Organic beef tallow balm with Manuka honey that deeply hydrates, soothes, and heals dry, sensitive skin for soft, radiant, non-greasy comfort.



KP Bump Eraser Body Scrub & Body Cream

Two-step KP bundle with exfoliating scrub and hydrating lotion that smooths bumps, unclogs pores, and restores soft, healthy-looking skin.



Tallow Sunscreen

Natural, non-toxic SPF 50 sunscreen with tallow and zinc for sensitive skin that provides broad-spectrum protection, a non-greasy finish, and reef-friendly safety.



Beef Tallow Sunscreen for Kids

Natural, non-toxic SPF 50 sunscreen for kids with zinc oxide and beef tallow, offering gentle, broad-spectrum UVA/UVB protection.



Magnesium Lotion for Kids

Gentle magnesium sleep lotion for kids in lavender, vanilla, or unscented, soothing muscles and promoting restful, calm bedtime routines with natural, non-greasy care.



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