



ESPA Expert

NAVIGATE MENOPAUSE *with*

ESPA x GenM

TRAINING GUIDE

ESPA are proud to present our latest campaign, focusing on Women's Health and specifically Menopause. Although Menopause has often been a taboo or stressful subject for many, we recognise that it is a natural part of every woman's life.

Menopause is being spoken about much more and as wellness experts, ESPA should be integrating these conversations with customers. Many women who spa frequently are looking for answers to relieve menopause symptoms. Follow this simple guide to recommend the most suitable ESPA treatments, products or lifestyle advice for those who are going through Menopause journey.

ESPA IS DELIGHTED TO PROUDLY PARTNER WITH **GenM**

Confide in our GenM approved products for your supported Menopause journey & wellness rituals. GenM – A Menopause partner for brands.

Who is GenM?

GenM is the driving force behind the menopause market transformation. A powerful collective of responsible brands and organisations, united in a global commitment to improve the menopause experience.

By partnering with responsible brands and organisations to support millions of under-served consumers and employees. All whilst raising global awareness and normalising the menopause conversation.

What does the MTick mean?

The MTick is the world's first independent symbol for menopause friendly products that helps to navigate the consumer when sourcing or shopping for a product that can support or alleviate symptoms of menopause.

The MTick is used to easily identify and navigate our ESPA products most suitable for their menopause concerns.



MTICK APPROVED ESPA *products*

As therapists, you can recommend with confidence these products that are most relative to your clients menopause concerns, guided by the GenM tick.

Resilience

- Tri-Active™ Resilience Pro-Biome Moisturiser
- Tri-Active™ Resilience Pro-Biome Serum
- Tri-Active™ Resilience Pro-Biome Eye Treatment
- Tri-Active™ Resilience Rest and Recovery Night Balm
- Tri-Active™ Resilience Detox & Purify Cleanser
- Tri-Active™ Resilience SOS Skin Clearing Serum
- Tri-Active™ Resilience Detox & Purify Scrub Shampoo
- Tri-Active™ Resilience Clarify & Fortify Scalp Serum

Regenerating

- Tri Active™ Regenerating Eye Complex
- Tri-Active™ Regenerating Phyto-Collagen Plumping Cream
- Tri-Active™ Regenerating Calming Cica Cleansing Balm
- Tri-Active™ Regenerating Cellular Renewal Cleanser
- Tri-Active™ Regenerating Cellular Renewal Liquid Exfoliator
- Tri-Active™ Regenerating Bio-Retinol Sleeping Serum
- Tri-Active™ Regenerating Treatment Oil
- Tri-Active™ Regenerating Moisture Complex
- Tri-Active™ Regenerating Resurface and Brighten Mask
- Tri-Active™ Regenerating Phyto-Collagen Plumping Mask
- Tri-Active™ Regenerating Define & Tighten Body Serum
- Tri Active™ Regenerating Smooth & Firm Body Butter

Hydrating

- Isotonic Cooling Body Hydrator
- Isotonic Hydration Mask
- Clean & Green Detox Mask
- Hydrating Floral Spa Fresh Mist

Signature Blends

- Soothing Bath & Body Oil
- Fortifying Bath & Body Oil
- Positivity Bath & Body Oil
- Restorative Bath & Body Oil
- Restful Bath & Body Oil
- Energising Bath & Body Oil
- Positivity Bath and Shower Gel
- Restorative Bath Milk
- Restful Night Cream

Fitness

- Muscle Rescue Balm
- Fitness Bath & Body Oil
- Fitness Bath Salts
- Fitness Shower Oil
- Fitness Shower Gel

PRODUCT

Below is a summary of Menopause friendly products to support key concerns.

Concern

Products

Hot Flushes/ Cooling	Clean & Green Detox Mask Hydrating Floral Spa Fresh Mist Isotonic Cooling Body Hydrator Isotonic Hydration Mask
Low Mood	Signature Blends Collection (x6 Bath & Body Oils) Positivity Bath and Shower Gel Restorative Bath & Body Oil Restorative Bath Milk Restorative Cocooning Body Cream
Changes in skin texture: Age-defying	Full Regenerating range, including the heroes: Tri-Active™ Regenerating Cellular Renewal Cleanser Tri-Active™ Regenerating Cellular Renewal Liquid Exfoliator Tri-Active™ Regenerating Phyto-Collagen Plumping Cream Tri-Active™ Regenerating Phyto-Collagen Plumping Mask Tri-Active™ Regenerating Treatment Oil Tri Active™ Regenerating Eye Complex
Changes in skin texture: Clarify & protect	Full Resilience range, including the heroes: Tri-Active™ Resilience Pro-Biome Eye Treatment Tri-Active™ Resilience Rest and Recovery Night Balm Tri-Active™ Resilience Detox & Purify Cleanser Tri-Active™ Resilience SOS Skin Clearing Serum
Dry Skin	Tri Active Regenerating Smooth & Firm Body Butter Tri-Active™ Regenerating Define & Tighten Body Serum
Muscle Tension	Muscle Rescue Balm Fitness Bath & Body Oil Fitness Bath Salts
Sleep	Restful Pillow Mist Restful Night Cream Restful Bath & Body Oil Restful Bath Milk

PRODUCT GUIDE



Cooling & Hydrating

Hot Flushes & Dry Skin

- The cooling properties leaves the skin feeling rebalanced and refined. Refresh the skin, body, and spirit with juicy, quenching formulas inspired by nature's robust palette. Powered by enzymes, vibrant vitamins, and skin-soothing saviours. The hydrating properties quenches parched skin with fresh, soothed and plumped feeling.



Fitness

Muscle Tension

- Refreshing formulas for every lifestyle and every activity
- Invigorate your senses and immerse yourself into a relaxing ritual to help soothe muscle tension and revive the body and mind. The Muscle Rescue Balm relives aches when massaging the product into the skin to help the soothe muscles. This range has been designed to help you recharge to rebalance and revive the body and mind.



Tri-Active™ Resilience

Age-Defying

- Clear and clarify by fortifying the skin's natural barrier
- Protect and prepare your skin for life with our Tri-Active Resilience collection. Pro-active and Preventative, these supercharged blends strengthen the skin's microbiome and deliver supple hydration.
- Featuring: Noni, Neroli, Micro-Algae, Cornish Clay, Rice Amino Acids, and more.



Tri-Active™ Regenerating

Age-Defying

- Brighten and Bounce with this powerful resurfacing range
- Restore and stimulate to illuminate and even skin tone with our Tri-Active Regenerating collection. Reactive and targeted to purify and invigorate, these blends support the skin's natural renewal process and encourage accelerated cell turnover.



Signature Blends

Mood

- Your Aromatherapy Companion, for every day and every mood
- Created with 100% natural blends of pure essential oils and combined with the highest quality natural ingredients, known for their therapeutic qualities.

Energising

This reinvigorating blend combines the stimulating power of Peppermint Eucalyptus and Rosemary essential oils to give body and mind an instant pick-me-up.

Positivity

Positivity is a happy, clarifying blend of Gardenia, Jasmine and Rose Geranium that boosts self-confidence and encourages a sense of optimism.

Fortifying

A deeply reviving blend of purifying Tea Tree and Eucalyptus essential oils to strengthen and invigorate.

Soothing

Our calming blend of Frankincense, Sandalwood, Rose Geranium and Myrrh creates a deeply soothing effect on body and mind.

Restorative

Our 'hug in a bottle' blend combines comforting Palmarosa and Rose Geranium with calming Sweet Orange and Lavender essential oils to restore inner calm.

Restful

A soporific blend of Lavender, Clary Sage and Bergamot to help with a restful night's sleep.

TREATMENTS TO SUPPORT MENOPAUSE

Age-defying

ESPA Natural Face Lift – 90 minutes

The complete approach to skin health using pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age defying techniques inspired by Japanese Kobido massage, along with stimulating Jade rollers give instant results, leaving the skin firm, lifted and beautifully radiant.

Sleep

ESPA Sleep Ritual – 90 minutes

Quieten your mind and release physical tension and emotional anxieties with this tailor-made experience. Returning mind and body to a perfect balance, guided breathing and visualisation combine with deeply therapeutic massage to help clear the mind and enable you to completely switch-off, ensuring an uninterrupted and blissful night's sleep.

Low Mood

ESPA Inner Calm Massage – 60 minutes

Quieten your mind, release tension and nourish your skin with this holistic, ultimate restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

ESPA Positivity Massage – 90 minutes

Unwind and escape the pace of everyday life, emerge feeling positive, self-confident and experience a renewed sense of optimism. Calm both mind and body through guided breathing and visualisation. Areas on the feet are gently massaged using metamorphic techniques to rebalance and ground you, before a soothing massage is performed. Finishing with a re-energising scalp massage, using warm rose quartz crystals.

Muscle Tension

ESPA Strength & Resilience Massage – 90 minutes

Transform mind & body, release muscular tension and rediscover a sense of wellbeing with this resilience boosting massage. Inspired by the arduous migration of the painted lady butterfly, using aromatherapeutic oils, yogic stretches and deep muscle massage to boost your energy levels and support your immune system. Emerge stronger and more resilient, ready to face life's unexpected journeys.

ESPA Deep Muscle Treatment – 60 minutes

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

Please scan QR code for
full Treatment Protocols:





ESPA

For more information, please visit espaskincare.com

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