

Joint pains

Loss of self-confidence

Mood swings

Fatigue

Heavy/light periods

Poor concentration

Irritability

Urinary symptoms

Vaginal dryness

Anxiety

Hot flushes

Worsening PMS

Feeling low

Panic attacks

Headaches/migraines

Weight gain

Night sweats

Palpitations

Poor memory

Brain fog

Hair & skin changes

Adora knows that no menopause is the same

There are over 40 symptoms and women can have very different experiences. Adora offers expert care to support you throughout your journey.

Poor sleep

Lack of libido

Tearful

Digestive problems

Inability to multitask



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