

THE NEW & NOTEWORTHY

THE MIDLIFE RESET WOMEN'S WELLNESS RETREAT TAKES ON MENOPAUSE

Women's health is finally getting the spotlight it deserves. Carillon Miami Wellness Resort unveiled Inner Glow, a pioneering retreat devoted to menopause and perimenopause – two critical stages of a woman's life that profoundly impact longevity and wellbeing.

BEHIND THE BREAKTHROUGH:

Developed in collaboration with clinical experts at the biostation, Inner Glow goes far beyond surface-level symptom relief. The five-day retreat blends advanced diagnostic testing, personalized hormone protocols, and treatments like ThermiSmooth, lymphatic drainage, and touchless wellness experiences. Guests also receive education on the phases of

menopause, empowering them with tools to thrive through the transition.

THE IMPACT:

With over 6,000 women in the U.S. entering menopause every day, the demand for comprehensive, medically informed wellness is growing fast. Inner Glow offers a blueprint for future retreats: one that treats hormonal shifts not as a decline, but as a new chapter in women's vitality, beauty, and strength.

Explore [Carillon's vision for women's midlife wellness](#) and read the full [press release about the Inner Glow launch](#).