



INTIMATE
WELLNESS INSTITUTE™

(804) 523-2533
IWIVA.COM

HORMONE OPTIMIZATION

Feel Like Yourself Again.

Restore your hormones to optimal levels and find relief from hot flashes, anxiety, weight gain, low libido, and brain fog, with a plan customized to your body, goals, and lifestyle.



What is Hormone Optimization?

Hormone optimization therapy restores hormones to their optimal functional levels. Using bioidentical hormones, matched to your body's exact molecular structure, we help women regain energy, mood, libido, and quality sleep. Every plan begins with on-site lab testing and a comprehensive consultation.

Delivery Options



Creams & Gels

Simple to use and discreet, a common everyday method of therapy.



Pills

Allow for precise dosing and travel easily wherever life takes you.



Patches

Offer the convenience of lasting longer than pills or creams.



Injections

Enter the bloodstream directly for high, reliable absorption.



Pellets

Placed under the skin for steady dosing over 3 to 6 months, mimicking the body's rhythm.

THE IWIVA DIFFERENCE

- ✓ The region's only exclusive center for Urogynecology, Advanced Gynecology, and Intimate Wellness.
- ✓ The latest innovations and therapies in urogynecology and intimate health.
- ✓ An internationally recognized center of excellence, voted Top Doctors for over a decade.



Scan here to
get in touch.
iwiva.com/contact

Schedule your consultation today.

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