



INTIMATE
WELLNESS INSTITUTE™

COMPREHENSIVE MENOPAUSAL CARE

Navigate Menopause With Confidence.

Every woman's journey is personal. Our team offers the region's largest array of treatments to help you thrive with renewed vitality, comfort, and confidence.



The Three Stages

Perimenopause

Begins 8–10 years before menopause as estrogen gradually declines. Symptoms often start here.

Menopause

Diagnosed after 12 consecutive months without a period; ovaries stop releasing eggs.

Postmenopause

The years after. Lower estrogen raises risk for bone and heart health concerns.

Common Symptoms

- Hot flashes & night sweats
- Sleep difficulties
- Vaginal dryness (GSM/VVA)
- Mood swings & anxiety
- Brain fog & cognitive shifts
- Libido & urinary changes
- Bone, skin & hair changes

Our Treatment Approaches

-  Bioidentical hormone & pellet therapy
-  Non-hormonal options & nutraceuticals
-  Vaginal health: topical, laser & RF therapy
-  Pelvic floor therapy & sexual health support
-  Lifestyle, behavioral & wellness guidance

Ready to feel like yourself again?

Schedule a consultation with Dr. Nathan Guerette and Certified Menopause Coach Annie Edwards, DNP.

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