

Friday
6 February 2026

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Advancing clinical excellence in patient care



Menopause in Practice Conference Guide 2026

On show...

The innovative **products and brands**
you will meet at the conference

Leading voices

Discover who is speaking at the
Menopause in Practice Conference 2026

www.menopauseip.co.uk



Welcome to the Menopause in Practice 2026 digital guide!

After three successful years as Menopause in Aesthetics (MiA), in 2026, mBody Media made the decision to re-brand to **Menopause in Practice (MiP)**.

Menopause education is desperately needed across the healthcare space, and the change of name reflects this, opening up the event to embrace a more diverse spectrum of practitioners working in the women's health and wellness space.

Optimising and understanding hormones is one of the key pillars of healthy ageing, and lifestyle strategies such as diet, exercise and sleep play a crucial role in holistic menopause management.

With this in mind, MiP 2026 will broaden the scope of the educational content, speakers and exhibitors to bring delegates an even more in-depth dive into the field of menopause care.

Menopause has been one of the most talked-about health topics in recent years, with women boldly taking charge of their bodies, rights, and lives – demanding better support and greater understanding across workplaces, the media, and even at the government level.

In 2026, we want to keep that momentum going and we believe it starts with you – the healthcare and wellness professionals and brands leading the way. So join us on February 6 for our fourth event in the menopause space, we can't wait to level up with you.



Welcome to Menopause in Practice 2026! This conference was created with one mission: to empower healthcare professionals with the latest evidence-based insights and practical strategies for supporting women through the menopause transition.

We couldn't deliver this event without the incredible support of our sponsors and exhibitors. On pages 14–17, you'll discover the brands joining us, each bringing innovative solutions and resources to help you elevate your clinical practice.

Charlotte Body
Founder,
Menopause in Practice

If you haven't secured your ticket yet, there's still time. Head to <https://www.menopauseip.co.uk/> to book your place:

£199 + VAT for Menopause in Practice Conference only

£299 + VAT if you'd like to join us for our leading longevity event: Future Patient Congress 2026.

Delegate rate: **£199 + VAT**

Book your tickets
Scan the QR code



www.menopauseip.co.uk





Welcome to
the future of
menopause care

The Menopause in Practice Conference takes place at The Grand Connaught Rooms, London on February 6, 2026. Here's everything you need to know about attending.

The **Menopause in Practice (MiP)** conference 2026 will deliver a full-day clinically-focused programme designed to support healthcare professionals delivering menopause care across settings.

The main agenda spans core areas including vulvovaginal and urogenital health, cardiovascular risk, musculoskeletal changes, neurological and cognitive symptoms, eye health, weight management, and menopause in the context of cancer care, chaired by Dr Shirin Lakhani and Dr Hazel Parkinson. A dedicated prescribing masterclass, chaired by Fiona Clark, offers practical, evidence-based guidance on hormone replacement therapy, with a focus on safety, individualisation and troubleshooting.

Alongside this, a half-day aesthetics breakout session – chaired by Dr Ginni Mansberg – explores the intersection of hormones, skin, hair and ageing, highlighting the role aesthetic clinics can play in holistic, ethical menopause care.

Together, MiP 2026 delivers a comprehensive, multidisciplinary agenda reflecting the growing need for informed, joined-up menopause education across healthcare.



Delegate rate: **£199 + VAT**

Book your tickets
Scan the QR code



Who should attend?

The conference is open to professionals working across healthcare, wellness and integrative practice, including GPs and private GPs, nurses and midwives, aesthetic doctors, nurses and dentists, functional medicine professionals, dietitians and nutritional therapists, psychologists and therapists, pain management professionals, compounding pharmacists and dispensers, menopause and women's health specialists, longevity specialists, health food and wellness practitioners.

When is it?

Menopause in Practice takes place on **Friday 6 February 2026**, following the Future Patient Congress the day before. This creates the perfect opportunity for delegates to immerse themselves in two days of complementary learning—or for those new to menopause care to deepen their expertise and broaden the scope of their clinical practice.



Delegates will have the opportunity to:

- Learn from experienced clinicians and thought leaders
- Explore emerging science, tools and technologies
- Connect with peers across disciplines
- Gain practical insights to apply directly in practice.

CPD and post-event access

All delegates will receive a Menopause in Practice Certificate of Participation, recognising their commitment to advancing menopause care.

Following the event, delegates will gain digital access to the day’s presentations and content and up to 25 CPD points.

What your ticket includes:

- Your ticket includes full access to:
- All conference sessions and seminars
 - The exhibition and networking areas
 - Refreshments throughout the day:
 - Tea, coffee, fresh pastries and seasonal fruit on arrival
 - Morning break with cakes and biscuits
 - Deli-style buffet lunch with a variety of warm and cold salads and pastas
 - Afternoon break with home-baked cake
 - Drinks reception to close the day
 - Notepads and pens
 - Unlimited still and sparkling mineral water.

Join us virtually

There is also an opportunity to join us virtually as Menopause in Practice is a hybrid event.

Menopause in Practice has been created to deliver a seamless, considered experience for both delegates and exhibitors. The programme is designed to balance high- quality scientific presentations and seminars with ample time for meaningful networking and engagement with exhibitors.

Main Conference Programme

8:00 – 9:00	COFFEE, LIGHT BREAKFAST AND REGISTRATION
9:00 – 9:10	Welcome to Menopause in Practice 2026: An introduction to what’s in store <i>Chair:</i> Dr Shirin Lakhani
9:10 – 9:40	Establishing a successful menopause clinic: Practical insights from experts (Panel) Daniel Bulkin, Charlotte Body, Dr Hazel Parkinson and Vicky Grammatikopoulou
9:40 – 10:10	Vulvovaginal health in menopause: What every practitioner should know Dr Shirin Lakhani
10:10 – 10:50	Balancing hormones: Clinical & practical strategies for menopausal health Miriam Martinez Callejas and Dr Saadia Meyer
10:50 – 11:20	COFFEE BREAK
11:20 – 11:50	The Menopausal Brain: Understanding brain fog, anxiety and cognitive change Dr Farnaaz Sharief
11:50 – 12:20	Understanding musculoskeletal changes in the menopausal transition Sherya Kane
12:20 – 12:50	Mind the gap: Inequality in healthcare Dr Itunu Johnson-Sogbetun, Professor Faye Ruddock and Helen Tomlinson
12:50 – 14:30	LUNCH
14:30	Welcome back to Menopause in Practice 2026: Introduction to the afternoon session <i>Chair:</i> Dr Hazel Parkinson
14:30 – 15:00	Managing menopausal symptoms in women with a history of cancer Dr Muninder Walia and Dr Nabil Elmahdawi
15:00 – 15:30	Navigating weight change in menopause: Guidance for real-world practice (Panel) Sharron Gordon, Dr Masud Haq and Dr Sam Robson
15:30 – 15:50	Optimising eye health in menopause: Clinical guidance for practitioners Alice Hart-Davis (Chair), Dr Priya Udani and Sharon Flora
15:50 – 16:20	COFFEE BREAK
16:20 – 16:40	Clinical excellence earned, trust remembered: Harnessing patient reviews & smart tools for menopause care TBC
16:40 – 17:20	Unmasking ADHD in midlife women: A clinical perspective Dr Helen Read
17:20 – 17:30	CLOSE
19:30 – LATE	JOIN US TO CELEBRATE THE ACHIEVEMENTS OF OUR INDUSTRY AT THE MENOPAUSE AWARDS!

Breakout Sessions Programme

Aesthetics Breakout Chaired by Dr Ginni Mansberg

10:00 – 10:30	Protecting Your Practice: Risk management and regulation in menopause care Tracey Jones, Eddie Hooker, Dr Sophie Shotter and Tracey Dennison
10:30 – 11:00	Menopause and facial ageing: Restoring collagen with Sculptra Dr Catharine Denning
11:00 – 11:30	COFFEE BREAK
11:30 – 11:50	The role of lasers in peri- and post-menopause Dr Sam Hills
11:50 – 12:10	Injectables in midlife women: Tailoring aesthetic treatments during menopause Prof Syed Haq and Alexandra Mills
12:10 – 12:30	DE RIVE and the treatment of hair thinning in menopause Dr Anna Hemming
12:30 – 12:50	Effective skincare regimens for managing menopause-related skin concerns Anna Baker
12:50 – 13:00	Laser solutions for menopausal skin ageing. Introducing Cool Laser – Cool Ora and more Sarah Bow
13:00 – 14:30	LUNCH

Prescribing Breakout Chaired by Fiona Clark

14:30 – 15:30	Prescribing troubleshooting: Expert panel discussion Dr Ginni Mansberg, Tracey Dennison, Piroska Cavell and Dr Itunu Johnson-Sogbetun
15:30 – 15:50	Navigating oral HRT in modern menopause management Dr Vikram Talaulikar
15:50 – 16:20	COFFEE BREAK
16:20 – 16:40	Rexonage³: How Cellular Rejuvenation Is Redefining Ageing Viviana Botoaca
16:40 – 17:00	Empowering women through menopause: The Desirial® approach Dr Ioannis Liakas
17:00 – 17:20	The Regeneration Reset: HPT polynucleotides for skin, hair & intimate health Miss Smita Sinha
17:20 – 17:30	CLOSE
19:30 – LATE	JOIN US TO CELEBRATE THE ACHIEVEMENTS OF OUR INDUSTRY AT THE MENOPAUSE AWARDS!

Leading voices

Meet Menopause in Practices’ multi-disciplinary speakers. We will be bringing you insights from around the globe from leading women’s health experts. From GPs, pharmacists and gynaecologists to nurses and menopause advocates.



Dr Shirin Lakhani



Dr Hazel Parkinson



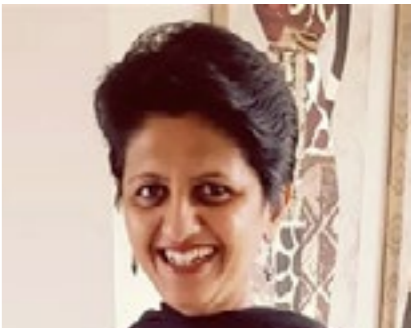
Daniel Bulkin



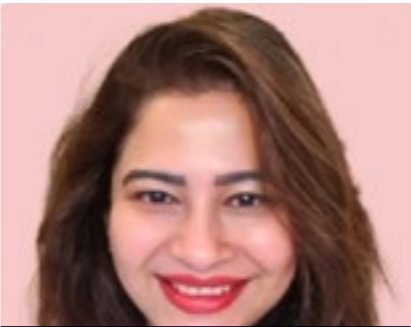
Miriam Martinez Callejas



Dr Saadia Meyer



Dr Farnaaz Sharief



Sherya Kane



Dr Asad Raffi



Dr Itunu Johnson-Sogbetun



Prof Faye Ruddock



Helen Tomlinson



Dr Muninder Walia



Dr Nabil Elmahdawi



Sharron Gordon



Dr Masud Haq



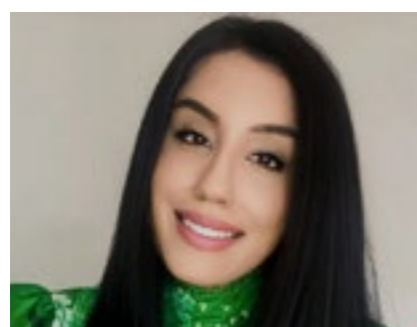
Dr Sam Robson



Alice Hart Davis



Dr Priya Udani



Sharon Flora



Dr Helen Read



Tracey Jones



Eddie Hooker



Dr Sophie Shotter



Tracey Dennison



Dr Catharine Denning



Charlotte Body



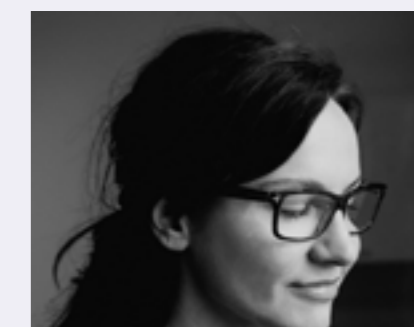
Prof Syed Haq



Alexandra Mills



Dr Anna Hemming



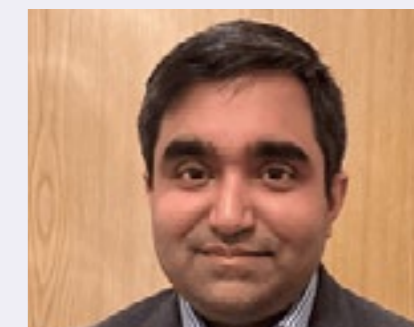
Anna Baker



Sarah Bow



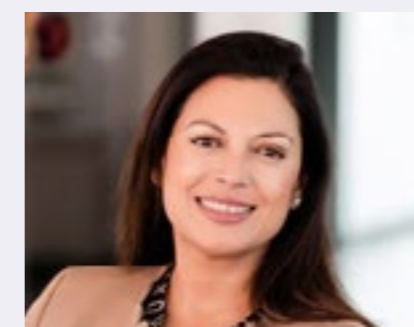
Dr Ginna Mansberg



Dr Vikram Talaulikar



Dr Ioannis Liakas



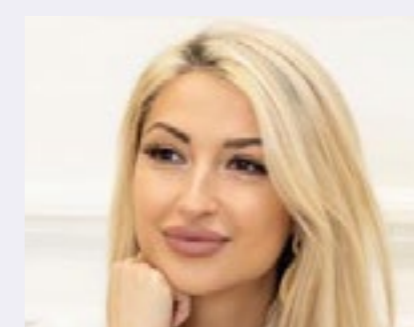
Miss Smita Sinha



Dr Mayoni Gooneratne



Piroska Cavell



Viviana Botoaca



Fiona Clark



Dr Sam Hills



Vicky Grammatikopoulou



Welcome to The De Vere Grand Connaught Rooms



The Menopause in Practice Conference 2026 will be held at the prestigious De Vere Grand Connaught Rooms in London.

Standing on Great Queen Street, that connects Covent Garden with Holborn in the West End of London, is the Grade II listed De Vere Grand Connaught Rooms. With a history dating back to 1775, the building has long been an important event venue. Since then, the venue has hosted some of the world's leading politicians, royalty and celebrities with its grand Georgian architecture and art-deco interiors.

Five minutes from Covent Garden and Holborn tube stations and 30 minutes' walk or short taxi ride from Kings Cross, St Pancras and Euston train stations, the venue is well-connected for all major London transport links. Heathrow Airport is an hour away by rail or road. We are honoured to bring the Menopause in Practice conference to this intimate, high class venue.

Getting here

By public transport

The closest tube stations are Covent Garden (Piccadilly line) and Holborn on the Central line, both within easy walking distance. London Euston, Kings Cross, and St Pancras International stations are under a 30-minute walk or a short taxi ride away. All of London's remaining mainline stations are easily reached by the underground network.

By car

For travel by car, use the following navigation coordinates (51.515567, - 0.120687) and postcode (WC2B 5DA). The nearest car park is on the corner of Drury Lane and Parker Street and is only a two-minute walk away.

For any further information you may need regarding travel, parking, or any other queries [click here](#). We're here to make your MiP experience seamless and unforgettable.

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Our sponsors

Meet the sponsors and exhibitors who will be displaying their products and services at the Menopause in Practice Conference 2026.

The Menopause in Practice Conference sits at the heart of the congress experience and simply wouldn't be possible without the sponsors and brands who support it. Bringing together forward thinking companies from across women's health, aesthetics, wellness and testing, the exhibition is where innovation meets real-world clinical practice. It offers delegates the opportunity to explore the latest technologies, diagnostics, treatments, products and services shaping the future of patient care, while engaging directly with the experts and teams behind them.

Carefully curated to complement the scientific programme, the exhibition is designed to spark conversation, inspire collaboration and give clinicians practical insights they can take back into their own practices.

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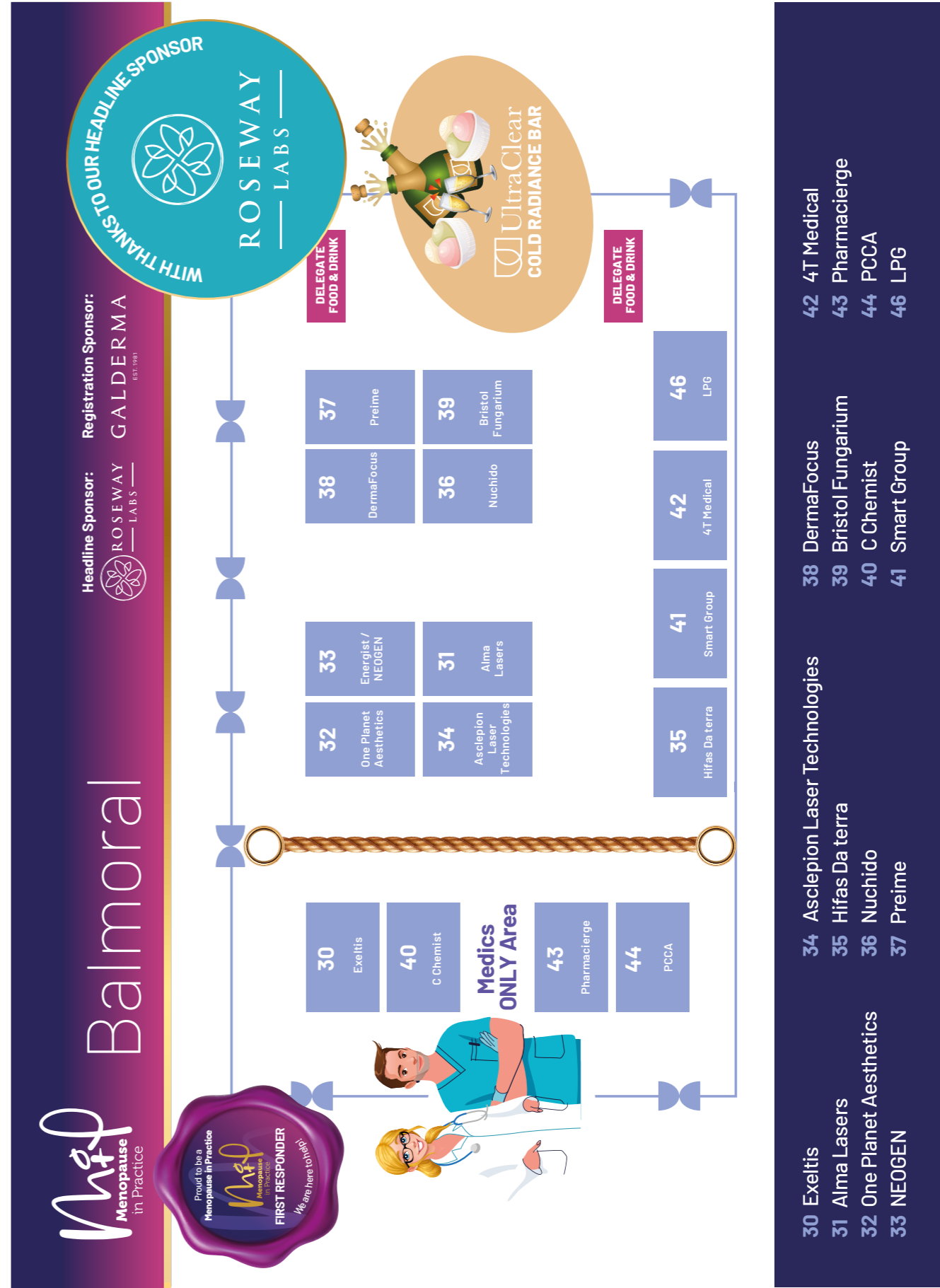
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						<div>Delegate rate: £199 + VAT</div> <div>Book your tickets Scan the QR code</div> 	

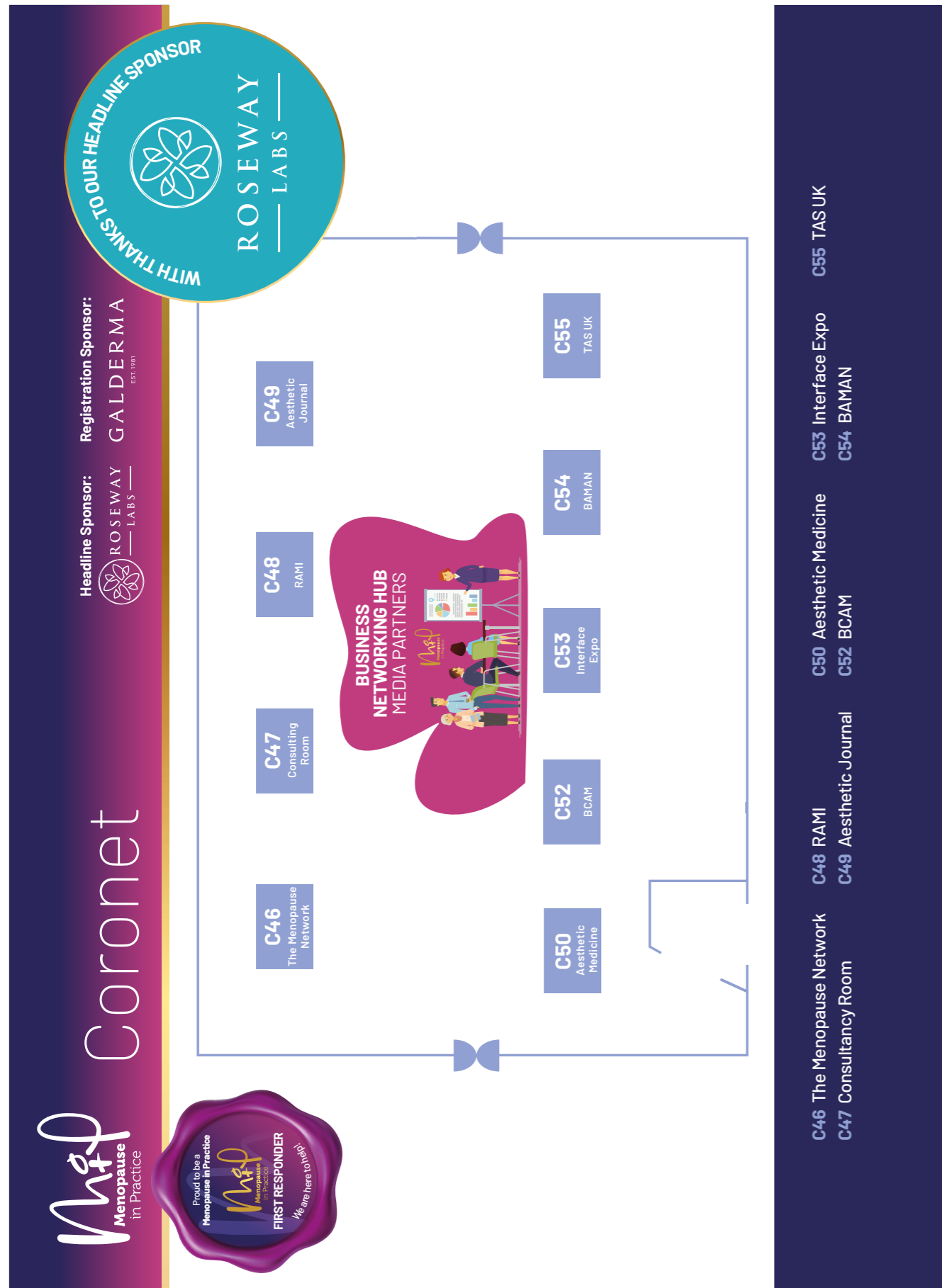
The Grand Hall



Balmoral



Coronet *Business Networking Hub*



Delegate rate: **£199 + VAT**

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checkout for 10% DISCOUNT

Do you want to expand your knowledge around women's health and better support your patients? Then welcome to

Menopause in Practice (MiP)

Friday 6 February 2026

The Grand Connaught Rooms | London

BOOK TICKETS NOW:
www.menopauseip.co.uk



What to expect FROM MiP 2026?

- 300 delegates
- 15 CPD applied for hours
- Over 40 industry leading speakers
- More than 40 exhibitors for unparalleled networking opportunities
- Bonus webinars
- Become a 'Menopause first responder' with relevant print and digital assets to promote this designation
- Light breakfast, lunch, and refreshments included
- Hybrid conference with online and in person ticket options.



**The
Menopause
Awards 2026**
FEBRUARY 6 2026

Commencing with a Champagne Reception

JOIN US FOR THE CELEBRATION OF THE YEAR!

Awards Celebration from 7.30pm

Step into the roaring twenties on February 6, 2026, as we host a dazzling night of glamour, celebration and innovation at the Menopause Awards 2026.

BUY YOUR TICKETS AT www.menopauseip.co.uk

