



**T**he Amara clinic is a women's health clinic that provides bespoke health and menopause care in a safe and private space in the heart of Tunbridge Wells.

Led by Anne Henderson, a Consultant Gynaecologist and renowned British Menopause Society Accredited Specialist who is one of only 200 across the UK.

With over almost 20 years of experience, Anne leads a multi-disciplinary team offering a range of services including advice and support on perimenopause, menopause and HRT, gynaecology and mental health support.

The clinic also provides ultrasound scanning blood tests and other diagnostic investigations.

After graduating from the University of Cambridge, Anne spent four years doing a postgraduate specialising in menopause, PMS and Post-Natal depression.

She has worked in the NHS for 17 years and is passionate about women's health especially Hormone Replacement Therapy (HRT) and the complimentary therapies of herbal medicine, diet, lifestyle changes and supplements, which she discusses in her 2021 book *Natural*

Menopause.

"There is no question that menopause and HRT are now key health issues and the demand for high quality expert advice continues to increase," she says as we begin our chat.

According to the NHS, there are 13 million women in the UK, a third of the female population, who are menopausal.

Following the publication of the NICE Menopause Guideline and the support from celebrities like Davina McCall, more women are taking charge of their own menopausal health and have started seeking out more specialised support.

Anne adds: "Since the pandemic, more women have definitely been taking their health into their own hands.

"They have become more self-aware and less reliant on GP advice with access to education, social media and TV.

"Most of them cannot get appointments due to the demand and pressure on the NHS so huge numbers of women are turning towards private clinics.

"I am seeing patients who maybe two or three years ago would never have contemplated private healthcare but are now seeking treatment."

Anne started The Amara Clinic with the aim to provide a one-stop clinic that is safe regulated and effective in treating all women.

"I wanted to create a clinic that is centred round its expertise and provides an in-house seamless process on a range of holistic services to deliver on what women want."

In September 2022 The Amara Clinic opened becoming one of the only consultant led clinics in the South East.

The benefit of a consultant-led clinic means everything from prescriptions to procedures can be done in-house through a seamless process that doesn't require external referrals like a GP surgery would.

*"The Amara clinic is led by women for women, treating every woman's case as unique with personalised treatments for each patient"*

# "We are here to provide expert advice"

**Lilly Croucher** meets Consultant Gynaecologist **Anne Henderson** who has just opened her specialist clinic the **Amara on The Pantiles...**

This means patients see much shorter waiting times for appointments and surgeries and will continue to see the same practitioners each time.

The clinic is led by women for women, treating every woman's case as unique with personalised treatments for each patient.

The Amara Clinic currently performs surgical procedures at KIMS hospital, Kent and Harley Street, London but will be expanding the clinic to offer in-house procedures at a new site opening in Spring 2023.

"Next year, the clinic will be expanding to a beautiful 10-room Georgian building in Rusthall, complete with an operating theatre to continue our in-house treatments available to our patients," adds Anne.

Most excitingly, the new site will not only become home to The Amara Clinic but will become the third site of the highly acclaimed Cosmetic Skin Clinic led by Dr Tracy Mountford.

The site will become the UK's first fully accredited combined women's health and cosmetic clinic, becoming

a bespoke one-stop clinic with everything under one roof.

"For me and Tracy we want to create the safest possible service for women which is why we are fully regulated by the highest accreditations."

Both clinics have a fully trained team of staff comprising of GPs, nurses, physios, therapists, mental health practitioners, pharmacists and nutritionists to provide the highest quality service for its patients.

On December 10, 2022, The Amara Clinic, had its official launch party which was attended by local businesses, doctors, nurses, medics and the practice team in a large festive tent with cocktails and street vendors.

Having been open for only three months Anne is very pleased with the clinic and is looking forward to the rest of the year with her new partnership and second clinic.

"The clinic has been exactly what I hoped for, if not better than what I had planned and dreamed of, how often can you say that!"

*The Amara Clinic can be found at 2 Linden Close, Tunbridge Wells. For more information visit, [gynae-expert.co.uk](http://gynae-expert.co.uk)*

