

YOUR HEALTH, FULLY UNDERSTOOD

Your Complete Guide to Women's Health at Lumiya

Comprehensive, personalised care across every stage of your life – from contraception to menopause, cycle health to sexual wellbeing. Patient-centred. Evidence-based. Always your choice.

At Lumiya Health, we believe every woman deserves expert care that is **personal, unhurried, and genuinely informed**. Below is your complete visual guide to every service we offer – so you always know exactly what support is available to you.

OUR SERVICES

Six Areas of Expert Care



Contraceptive Counselling

Personalised counselling to find the right birth control for your body, lifestyle, and goals. We cover oral pills, progestogen-only pills, injectables, patches, vaginal rings, and emergency contraception – with honest discussion of benefits, risks, and effectiveness.



Menopause & Perimenopause

Symptom recognition, education, and non-hormonal management for hot flashes, night sweats, sleep disruption, mood changes, and vaginal dryness. Where hormonal therapy is needed, we refer to our [Female Hormonal Health & Therapy](#) service.



Menstrual & Cycle Health

Your cycle is a vital sign. We assess and manage irregular, heavy, or painful periods, PMS and PMDD, cycle-related symptoms, and contraception-related bleeding. Blood tests, imaging, or specialist referrals arranged when needed.



Female Sexual Health

A safe, confidential space for intimate concerns – pain with intercourse, reduced libido, vaginal dryness, post-menopausal sexual health, and sexual wellbeing counselling. Care may include medical treatment, lifestyle guidance, or allied health referral.



Pre-Conception & Reproductive Planning

Planning for pregnancy – now or in the future? We offer pre-conception counselling, medication and medical condition review, cycle tracking and fertility awareness education, basic fertility screening, and referrals for further investigations when indicated.

Your Care Starts Here

Every woman's health journey is unique. Our team is ready to listen, advise, and support you with expert, evidence-based care – on your terms.

THE PROCESS

How Your Consultation Works

- 1 Detailed History** – We take time to understand your full medical and reproductive history.
- 2 Targeted Assessment** – Examination only when clinically indicated and with your full consent.
- 3 Investigations & Prescriptions** – Blood tests, imaging referrals, or medication prescribed as needed.
- 4 Education & Follow-Up** – Counselling, informed choice, and review appointments to adjust your care.

† Some consultations are available virtually. Others require in-person assessment. We'll guide you to the right format.