

# MELT METHOD

## NEW TO WELLS AND SOMERSET MELT METHOD



The MELT Method (MELT) is a simple self-treatment that reduces chronic pain and helps you stay healthy, youthful, and active for a lifetime. Created by Sue Hitzmann, manual therapist and connective tissue specialist in New York, this method is used by more than 200,000 people worldwide and brought to you by Zoisa Holder, qualified MELT instructor.

MELT works with the neurofascial system, connective tissue system, structural relationships of alignment, tension and

compression between the soft tissues and bones, the nervous system and body sense. A variety of techniques are used to assess what is happening now, followed by 5 MELTing techniques to create whole body changes that reconnect, rebalance, rehydrate and release.

MELT uses four different small balls as well as a soft body roller, it rehydrates the connective tissue, rebalances the nervous system, and restores the space to compressed joints. Whether injured, post-surgery, pregnant, overweight, chronic pain, knee or hip replacement or bone disorders - you can still MELT.

You can learn to MELT in a class, workshop, at home or in a private session.

### BENEFITS

- Mobility in hands & feet
- Better circulation & fluid exchange
- Reduce hand, foot, back & neck pain
- Improve plantar fasciitis, bunion<sup>s</sup>, neuromas
- Help arthritis, carpal tunnel syndrom<sup>e</sup>, trigger finger
- Relieve headaches, gut issues & insomnia

### ENTRY REQUIREMENTS

- Introduction Workshop/121

### DURATION

- 30 minutes / 60 minutes

### COST

- 30 minutes     £5
- 60 minutes     £9