



# 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 of position point pressing, gliding, shearing, rinsing and friction.

These create whole body changes that reconnect, rebalance, rehydrate and release (4Rs) excess stress and tension

MELT Neurostrength techniques 2R's re-integrate and re-pattern, focus on the stabilising mechanisms of the shoulder girdle, pelvis, and core. When be added to the 4R's of MELT these extra 2R's can help to improve performance, training, prevent compression and compensation that can damage joints and inhibits your body's ability to function optimally.

MELT Pilates applies MELT to Pilates, improves alignment, stability and mobility, the foundations of the Pilates Method. This allows for easier performance of the Pilates exercises with greater co-ordination, ease and flow.

MELT moves can be used to prepare the body to execute the Pilates exercises or as a prop to modify, enhance or assist exercises.

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, bunions, neuromas
- Help arthritis, carpal tunnel syndrome, trigger finger
- Relieve headaches, gut issues & insomnia