Learn to MELT and Feel Better *NOW*!

What is the MELT Method? MELT is a simple self-treatment technique that reduces pain, improves performance and helps you stay healthy, youthful and active for a lifetime!

How does MELT work? MELT works on the connective tissue by applying gentle compression techniques using small soft balls on the hands and feet and a soft roller for the spine and body.

Why do I need MELT? Due to daily stressors ranging from sitting at a desk all day to training for a marathon, the connective tissue, which surrounds every joint, muscle, nerve, bone and organ becomes dehydrated and "stuck", which causes it to stop functioning properly. This "stuck stress" can lead to health issues such as neck and low back pain, headaches, digestive issues, and injury.

Who benefits from MELT? Do you feel stiff in the mornings or have arthritis, bunions, plantar fasciitis, carpal tunnel syndrome, neck or back pain? MELT is for you! If you experience no pain and want to stay pain-free, MELT is also for you!

How often should I do the MELT Method? Doing the MELT technique 3 times a week for just 10 minutes you will hydrate your connective tissue and rebalance your nervous system which will decrease joint pain and muscle tension.

How long until I feel results from MELT? The MELT Method is easy to learn and offers immediate results that you will see and feel the first time you try it! Changes in alignment, flexibility, energy, mood and performance occur within only a few sessions. Best of all your body feels great long afterwards!

Where can I learn more about the MELT Method? HealthQuest Physical Therapy and Medical Fitness of Oxford offers Introductory Workshops ($25) periodically as well as follow-up 6-Week Classes ($90). When you attend a workshop or sign up with a friend you both receive 10% off our 6-Week Classes! To sign up today, please call Cyndy DuVal in the fitness department at HealthQuest Oxford: **248 -236-0035, ext. 2**. For more information on the MELT Method, visit www.meltmethod.com.