

What is MELT?

The Melt Method® (MELT®) is a simple self-treatment technique that reduces chronic pain and helps you stay healthy, youthful and active for a lifetime.

Just 10 minutes of MELT three times a week is all you need to reduce the effects of accumulated tension and stress caused by daily living.

This revolutionary approach is backed by the latest science.



Who is MELT for?

MELT is for anyone who wants to slow down the ageing process and live pain-free.

For those in their **40s, 50s, 60s and older** who want to stay active, mobile and independent - MELT is a must.

MELT is also for **active younger adults and athletes** who want to maintain a fit, healthy body and achieve optimal performance without debilitating wear and tear.

Feel amazing... for your entire lifetime!

You're unique - and so are we!

With YouPhoria, you're invited to take control of your own wellbeing in a way that's right for you.

What do you want to achieve?

How would your life be different if you could slow down the ageing process, improve your performance, avoid or manage disease and reduce, or even eliminate, chronic pain?

At YouPhoria, our approach is built upon 3 pillars:

- * Nutrition & Lifestyle *
- * Self-Care using the MELT Method *
- * Social Dance Exercise - Modern Jive *

Whilst each of these pillars are beneficial in their own right, they are complementary.

Including two, or better still three, in your approach to your wellbeing will reap more profound benefits in how you look, how you feel and therefore what you can achieve in your life!

www.youphoria.co.uk



YouPhoria
...a great feeling - for life!

The MELT Method FAQs



***Discover the secret to pain-free living....
at any age!***



Even if you are injured, post-surgery, overweight, sedentary, pregnant, out of shape, or have limited mobility you can still MELT.

It's the best starting point for any exercise and wellness programme.

What benefits does MELT offer?

MELT creates results you will see and feel in the first session. Over time MELT heightens your body's ability to repair and heal itself, which can create remarkable lasting changes.

MELT improves:

- flexibility
- alignment & posture
- the results of exercise
- joint mobility
- sleep & digestion
- overall wellbeing

MELT reduces:

- aches & pains
- wrinkles
- cellulite
- tension & stress
- headaches
- the risk of injury

How does MELT work?

Daily living creates stress and tension within your body. Physical stressors may range from sitting at a desk to running a marathon. Emotional, mental and environmental stressors also put strain on your body.

The repetitive stress of daily living literally gets stuck in the connective tissue, which surrounds every joint, muscle, nerve, bone, and organ. 'Stuck stress' accumulates and causes dehydration in the connective tissue, which interferes with the nervous system's ability to regulate itself and slows down the body's natural healing process.

This creates a domino effect that begins with aches and stiffness and leads to common health issues such as neck and low back pain, headaches, insomnia, digestive problems and injury.

Accelerated ageing and chronic health problems can follow, leaving us with limited options such as medication, surgery, and an increasingly sedentary lifestyle.

When the connective tissue is hydrated and free of stuck stress, your body functions more efficiently and natural healing occurs daily.

MELT is a breakthrough technique that directly addresses stuck stress and slows down the ageing process by rehydrating the connective tissue and rebalancing the nervous system. No other approach directly treats these two systems - including nutrition, exercise or meditation.

Is MELT like myofascial release, yoga, Pilates®, reflexology, or physical therapy?

Although MELT is complementary with other treatments, practices and workouts, it is unlike any other technique because it directly addresses an entirely different system of the body.

MELT is to the neurofascial system (nervous and connective tissue system), what exercise and rehabilitation are to the musculoskeletal system. The scientific principles and direct self-treatment of the neurofascial system have been introduced by MELT.

Adding MELT to your current routine can boost the results of whatever else you're doing.

Has MELT been reviewed by experts?

Yes, MELT has been reviewed by internationally respected doctors, neuroscientists, and connective tissue researchers. Each expert has recognised that MELT is grounded in scientific principles and offers extraordinary benefits. MELT is being used by practitioners in fitness, sports, wellness, rehabilitation, and hospital settings.

Why should I MELT?

MELT quickly rehydrates connective tissue and allows the body to release long-held tension and stress that leads to chronic pain. MELT is easy to learn and offers results 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 after you MELT! The results that MELT provides were previously available only through ongoing, costly hands-on therapies. Now you can learn to be your own 'Hands-Off Bodyworker®' and be in control of your health.

How often should I MELT?

MELT is so gentle that you can do it every day. Yet, all it takes is just 10 minutes, three times a week, to experience immediate and long-lasting benefits. Drink a glass of water before and after you MELT to achieve the maximum results.

When you exercise, MELT before strength training to improve muscle performance and joint alignment, or after a cardio workout to erase joint compression and stiffness and enhance muscle recovery. People who MELT regularly find that they want to exercise more often. It's just more fun to move when your body feels good, has more energy, and is free of pain.

How do I get started?

MELT is simple to learn and we offer a variety of approaches - group workshops and classes or 1:1 sessions.

If you would like to know more about what MELT can do for you, just get in touch via the Contact page on our website - without any obligation.