

# HEALTH & FITNESS

— Advertorials

## MELT – A NEW LEADING EDGE SELF TREATMENT TECHNIQUE

How much money do you spend every year on chiropractors, physical therapy and body work, not to mention braces, tape, heating pads, ice packs, Epsom salts and icy hot, etc. etc? Have you ever wished you could realign your own joints and ease your own aches and pains in the comfort of your home or in a group class at a fraction of the cost? MELT, a new leading edge self treatment technique using small balls and soft rollers now makes this possible. The MELT method gives you the tools to treat yourself, rebalance your body and relieve common aches and pains associated with active living, stress and aging.

MELT techniques are now being taught by Emma Stanbro, who is a member of the Fairplay Therapy Center, physical therapy team. After leaving the corporate administrative world several years ago, Emma embarked on a new career in the wellness and fitness industry. After receiving certifications in body work, mat pilates and personal training she came across an article about MELT in a nationwide pilates publication and knew immediately that this was something that she had to learn and teach to others. MELT is the missing link that bridges the gap between exercise, bodywork and wellness. It addresses a system in the body that has been largely overlooked and considered only "packing material".

This is the neurofascial system which is the body's connective tissue and nervous system. Fascia creates a seamless web throughout the body, covering and connecting every bone, muscle, organ and nerve. New science is revealing that fascia contains active contractile cells that are important to health in many ways including, support, balance, posture, body perception and protection.

Due to aging and general stressors of day to day living, the connective tissue becomes dehydrated and the fascia loses its fluidity which in turn results in body pains, joint compression and nervous system ailments such as digestive issues and sleeping difficulties. MELT stimulates cells in the connective tissue to hydrate which releases tension in the body and quiets the nervous system. MELT decompresses joints and releases tension that has become stuck in the fascia. MELT not only alleviates pain but also improves flexibility, body awareness, mobility and posture and also improves athletic performance and enhances the results of exercise.

Emma will be teaching two 90 minute, Introductory classes in Summit County. They will be at the Silverthorne Recreation Center on Thursday, June 23 at 6:00 p.m., and at the Summit County Community and Senior Center in Frisco on Tuesday, July 5 at 6:00

p.m. The cost of the introductory sessions will be \$25.00. These classes will be followed by a 4-part workshop at the Summit County Community and Senior Center in Frisco which will focus on "How to treat your own neck and back pain". The classes will be on July 11, 14, 18 and 21 at 6:00 p.m. The cost for this 4-part workshop will be \$180.00 and will include a MELT Kit and specialized roller plus MELT maps. To sign up for any of these classes or for more information, please call Fairplay Therapy Center (719) 836 1833 or email [info@fairplaytherapycenter.com](mailto:info@fairplaytherapycenter.com). Weekly ongoing 50 minute MELT classes are also held in Fairplay on Wednesday at noon at the Fairbarn and Tuesday at 8:00 a.m. at the South Park Recreation Center.

