

MELT®

vs

FOAM ROLLING

Some of our clients already have some sort of foam roller at home, so the question inevitably arises: "How is MELTing different than the way I've been using my roller?" Let's take a look at how MELT is not only **different**, but **much better (and gentler)** for your body.



vs



MELT rollers have a special design and softer density, which translates to more comfort during use. This allows your connective tissue to adapt to the gentle pressure, alleviating tension, stress, pain and inflammation, rather than *causing* pain.

Rolling should not cause your body pain.

The firm, unyielding rollers you might be used to may actually cause more inflammation and stress on your nervous system, stalling healing and recovery.

Recent studies have shown MELT to be **far more effective** for athletic training than using foam rollers.



In fact, typical foam rolling has been shown to *inhibit* athletic performance.

In MELT classes, we teach the "4 R's":

Reconnect, Rebalance, Rehydrate and Release.

The combination of these techniques empower participants to relieve pain and stress, enhance the overall health and function of all of their bodily systems and increase energy and stamina quickly and easily.

MELT does *more*, and goes *deeper* than foam rolling, which only affects the muscular layer.

Unlike many foam rollers on the market, the MELT tools are free of dyes, lead, latex, and phthalates, so they are safe to use everyday, without risking absorption of harmful additives that cause disruption to cellular balance.