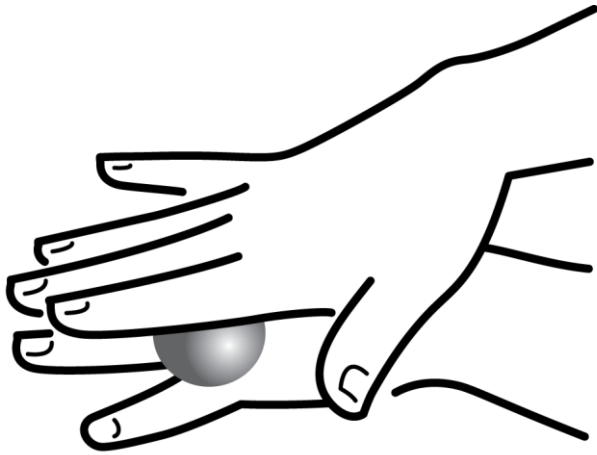




# MELT for Bodyworkers

*MELT Hand and Foot Treatment. Feb. 9*



**Instructor:** Caryn Boyd Diel  
Certified Melt instructor 505 670-3538

**Date:** Sunday February 9, 2025

**Time:** 10-12:30am  
To register call 505 6703538.

Cash or Venmo accepted. Space limited.

**Location:** 620 N. 7<sup>th</sup> Ave. Tucson Massage  
CE Institute

**Fee:** \$25

Wear comfortable clothing and bring a water  
bottle Equipment will be provided

USE Erase pain and tension in your hands and brought on by everyday stress, overuse, travel and age. This simple self-treatment can make your whole body feel better and provide relief from neck pain, arthritis, bunions, plantar fasciitis, and carpal tunnel. Sleep better and feel less fatigue.

Join MELT Instructor **Caryn Boyd Diel** for a **MELT Class at the Tucson Massage CE Institute**. Learn how the connective tissue in your hands and feet get dehydrated, the common aches and pains it can cause, and how to rehydrate this essential system in our bodies for vibrant health and pain-free movement. **THIS IS A GAME CHANGER FOR MASSAGE THERAPISTS LIKE MYSELF.**

The MELT Method® is an innovative self-treatment program that's being taught in some of the most prestigious health and fitness centers worldwide. Learn more about it at [meltmethod.com](http://meltmethod.com)

You will experience a complete Hand and Foot Treatment in this class. Then you will be able to repeat it at home.