

# “Facelift” with Neck Release Sequence



**Note: Remember, no part of MELT should ever hurt. Pain is your signal to ease back pressure!**



## NECK TURN ASSESS

Lie on the floor with your arms and legs straight and relaxed, palms face up. Bend your knees if your back is uncomfortable. Notice the curve of your neck. Ideally, the highest point of the neck curve is closer to your head than to your shoulders. Slowly turn your head to the right and then to the left, keeping your chin away from your shoulders. Do you feel like you're able to turn your head more in either direction? Do you feel any pain or tension? Does it feel like your shoulders move when you turn your head?



## BASE OF SKULL SHEAR

Lie on your right side and rest the base of your skull, just behind your ear, on the top of the roller. Bend your knees and reach your right arm out so your shoulders are relaxed. Take a focused breath and begin creating small head circles in either direction 5-6 times to Shear the base of your skull. Then pause for a moment, take a focused breath, and allow this area to sink further into the roller.



## JAW SHEAR

Rest your head on the roller. Turn your head toward the roller until you feel your jaw on the roller just below your cheekbone at the temporomandibular joint (TMJ). Pause and sustain gentle pressure then slowly open and close your mouth and say “yaaa” to create an indirect Shear of the jaw. To create a direct Shear, sustain pressure on the TMJ and create small circles or head nods. Pause and allow the tissue to adapt.





### TEMPLE SHEAR

Lying on your side, rest your temple on the roller. Create small circles in either direction slowly. Pause and allow the tissue to adapt.



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Open your left knee toward the ceiling so you're lying on the right half of your back. The roller is still under the base of your skull on the right side, an inch or so away from your ear, closer to the center of the base of your skull. Repeat the circles to Shear. Pause and take a focused breath.

Turn onto your left side and repeat the entire sequence on the left side. In each spot, pause and take a focused breath.

After you've done both sides, lie on your back with your knees bent and rest the center of the base of your skull on the roller. Lift your chin slightly. While maintaining consistent pressure, create small figure 8 motions on the center of the base of your skull 5–6 times. Keep your pressure constant and your chin slightly lifted. Pause and take a focused breath.





### NECK DECOMPRESS

Push the roller up about 1 inch toward the center of the back of your head. Tip your nose toward the ceiling and apply gentle pressure on top of the roller. Inhale and, on an exhale, slowly nod your chin slightly toward your chest. Inhale as you hold this position and, on the exhale, return your nose toward the ceiling. Pause on the inhale; move on the exhale. Repeat this head nod 4 times, pausing on the inhale, moving on the exhale.

Remove the roller from the back of your head and gently bring your head to the floor.



### NECK TURN REASSESS

Lie on your back with your legs extended. Sense the curve of your neck. Does it feel lighter? Do you notice a more distinct curve closer to your head? Turn your head slowly from left to right. Do you have more range of motion? Is there less pain or stiffness in your neck? Are your back and shoulders more relaxed as you turn your head?