



## Full Circle Wellness Center

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Full Circle Wellness Center encompasses every aspect of health into their practice, striving to bring peace of mind, clarity and overall wellness to every client they see. A practice offering massage therapy, myofascial trigger point therapy, nutrition advice and metabolic testing, facial treatments, mineral makeup, organic hair services, non-toxic manicures and pedicures, as well as one-on-one yoga and personal training, owner Melissa Hernandez focuses on eco-friendly treatments in her facility.

As a little girl growing up in Michigan, Melissa was constantly surrounded by beautiful landscape and the chance to enjoy the outdoors. "I realized the tranquility and restorative ability that nature provides in its ability to regulate stress," she says. "My interest in health and wellness sprang forth from this. At Full Circle, we have made an environment that is tranquil, beautiful, relaxing and esthetically pleasing. We've put careful attention into how things look, sound, smell and feel."

Locating to a new location in Los Ranchos this November, Full Circle Wellness now offers eco-friendly hair and nail services, natural body wraps, couples packages and bridal services. "We get to know our clients on a first name basis, and every service provider really spends time connecting with their clients by spending quality time with them, listening to them and customizing a treatment plan," Melissa explains. "My hope is that every person that comes into Full Circle Wellness Center has their lives improved and healed in some way."

In addition to serving the city of Albuquerque with an unparalleled chance to relax, rejuvenate and restore in all facets of the mind and body, Full Circle regularly contributes to the community and the environment. "Our new office space allows us to offer the utmost in eco-friendly services, which supports the health of our clients and the service providers who use beauty products constantly," Melissa says. "We are also working together with Storehouse, a non-profit organization that feeds and clothes needy families and their pets. We'll collect items for Storehouse on an ongoing basis."