



Take a Tour at Full Circle Wellness Center

By Melissa Hernandez, LMT, Lic.#2679, CMnTPT, CES, LF

"As soon as I walked through your doors, I instantly felt relaxed... it's so soothing in here!"

—Laurie H.,
Full Circle Wellness Center Client

We are very pleased that our clients feel this way. We believe in truly being *of* service, not just providing *a* service. Our main goal is to provide a beautiful space that is a safe haven from the stresses of the outside world, incorporating the sound advice of scientific research, with the healing human element of authentic caring and presence.

Let us give you a tour of our facility!

Full Circle Wellness Center is more than just a clinic, or a spa, or a gym. We are an integrated facility that provides a wide range of health, beauty, and fitness services.

The support staff at the front desk are friendly, helpful, and informative. They are there to answer your questions, help you with your purchases, and to assist you in scheduling free consultations or appointments.

The Estheticians in the **Skin Care** Department really enjoy getting results with skin care problems such as acne, redness, aging skin, and hyper-pigmentation. They have an incredible spectrum of treatments to provide, products to recommend, and they have a long list of loyal clientele willing to give straight-from-the-heart testimonials of improved skin conditions.

Our experienced **Massage Therapists** are the best-of-the-best, providing the ultimate in relaxing therapeutic, deep tissue, and lymphatic massages. Once you experience a massage from one of our therapists, you won't want to go anywhere else!

Manual Myofascial Trigger Point Therapy is an effective treatment for specific pain conditions. Thorough testing and assessment is conducted, pain patterns are charted, and manual pressure is applied to specific trigger points on the body. A variety of stretching techniques are performed to restore normal resting length of restricted muscles. Home exercises are given along with modifications to posture and activities of daily living, in order to comprehensively treat pain conditions.

Trigger Point Injections provide immediate relief for difficult chronic trigger points that do not respond to manual treatment. A combination of calcium, magnesium, and B-vitamins are injected directly into the involved trigger points for instantaneous relaxation of the muscle, spontaneously restoring range of motion and relieving pain.

Oriental Medicine utilizes a combined approach of herbs and acupuncture to restore balance. Our acupuncturist was trained in China, is a Qigong master, and specializes in the treatment of pain, insomnia, thyroid imbalances,



Partner Yoga

metabolic syndrome, infertility, and women's health.

Nutrition Services are provided by our remarkable Registered Dietician and include nutrition consultations and meal-planning for weight management, as well as sports performance, in-home pantry evaluations, and metabolic testing with hospital-grade equipment. Food is like medicine, and nutrition knowledge is an essential component of your health and wellness. You will learn valuable skills that will transform your way of life.

Our fitness services include **Personal Training**, a private experience in our exclusive studio. We do not have a gym where other people exercise around you. Your programs are individualized for your specific goals including weight loss and event training,

as well as rehabilitative corrective exercise for pain, injury, and muscle imbalances. Additionally, one-on-one sessions for yoga, Pilates, and belly dancing are available. For even more fun, bring a friend for a partner session.

Group Classes include Yoga, Pilates, Yoga-Lates, and beginning and intermediate Tribal Belly Dancing. Your first class is always free. Class sizes are small and personal. If you have a collection of friends and want your own group class, give us a call. We'd be happy to construct a class time for you, just the way you want it.

We are proud to present excellent products in our **Retail Department** that you just can't find anywhere else in Albuquerque. *GM Collin* is a dermo-corrective skin care line that gives phenomenal results for skin conditions. *DNA* skin care line is an organic chemical-free line for people with sensitivities. *Iredale Mineral Cosmetics* is the top-of-the-line in mineral make-up: pure crushed minerals provide amazing color and coverage that won't irritate your skin or clog your pores. *lululemon athletica* is a line of fitness apparel that has been showcased on Oprah, and is the hottest clothing line on the west coast. Their clothing is made of materials such as bamboo, silver, and seaweed, and is following the trend of athletic wear that you can wear to the gym and then out on the town. You *must* check it out. *lululemon* makes you look and feel great; it lifts and hugs in all the right places.

Come on down to Full Circle, we would be happy to show you around!

Full Circle Wellness Center has shown me integrity, kindness & compassion. I would recommend any one of their services, wholeheartedly.

—John C., Full Circle Wellness Center Client



Massage Therapy

Full Circle Wellness Center is open Monday through Saturday 9:00 a.m. to 7:00 p.m. We are located on Girard, 1/2 block North of Indian School. Gift certificates are available. Call 505-265-3400 to schedule a free consultation today.