



TRANSFORMER!

The first thing you notice about Melissa Day is how wise she is for such a young woman, imparting health and beauty advice which seems way beyond her years. Until, that is, you discover she's at least ten, if not 15 years older than she actually looks! And no wonder when you see the results of her amazingly rejuvenating treatments all delivered with an holistic and spiritual approach.

"Most people are a bit surprised when I tell them my age," she laughs. "But I'm lucky that I can try out all my treatments on myself, like I'm my own guinea pig!"

Fully qualified in facial and cosmetic acupuncture, Melissa (pictured top middle) is also an experienced Reiki practitioner and complementary therapist, running the highly acclaimed Niroshini Cosmetic Acupuncture between her hometown in Ipswich and London.

Her ethos is quite simple. "I believe in a completely natural approach to beauty, health and facial rejuvenation using a combination of Eastern and Western therapies," says the Sri Lankan born therapist. She blends facial and cosmetic acupuncture techniques and specialist massage, to provide the ultimate non-surgical facelift.

"People worry that it will hurt when they have the 30+ acupuncture needles put into their face. Some needles you don't even feel. If there's a slight health imbalance, certain points may be more sensitive, however the sensation quickly settles. It's actually incredibly relaxing," smiles Melissa. "Many clients fall asleep!"

Her remarkable life story is one of triumph over adversity. Born in Sri Lanka, she was adopted by a British couple and grew up in East Anglia. At 25, she found her birth family through an extraordinary twist of fate, after a holidaying friend in 2009 tracked down her late grandmother to a Sri Lankan tea plantation.

Melissa visited soon afterwards to discover that grinding poverty had played

Holistic facialist and complementary therapist Melissa Day is no stranger to turning people's lives around ...

a key role in her birth mother giving her up for adoption at just eight weeks old. Her grandmother, aunt and brothers all lived in a shack with a leaking roof on the tea plantation, while her birth mother worked in the capital, earning money to send back to the rest of the family.

"It was fantastic to meet them and they were incredibly welcoming," says Melissa. "I always thought that if I ever found my family I'd want to support them in some way."

"People walk out of here with dramatic results and a healthy glow"

And she did just that, becoming involved with a project called Tea Leaf Vision, run via UK registered charity Tea Leaf Trust, which offered her brothers, Ashok and Arun, places on its life-changing education programmes. Melissa has since raised tens of thousands of pounds for the charity. And her brother Ashok now works on a direct trade tea plantation that supplies the tea for her own brand, known as Niroshini Direct Trade Tea.

Now, Melissa is focusing on her other passion in life: helping to improve the lives – and looks – of her clients through her transformative treatments.

Melissa offers a holistic and spiritual approach to pretty much everything she does. As a member of the British Association of Beauty Therapy & Cosmetology and the Complementary & Natural Healthcare Council, she follows strict codes of ethics and practice, covering everything from hygiene to client confidentiality.

Her speciality is her Niroshini Cosmetic

Acupuncture Ritual – a non-surgical facelift, using safe and centuries' old traditions which promote all-over good health whilst replenishing the skin. "It's a safe and gentle solution to fine lines, wrinkles

and sagging skin, as well as a wide range of skin blemishes and conditions," she says. "We've had amazing results. People walk out of here with dramatic results and a healthy glow."

And now Melissa, who offers treatments at DanceEast in Ipswich, is set to launch her transformative all-women retreats – at Halesworth's lovely five star Belle Grove as well as Butley Priory (pictured top left).

At each retreat, an internationally recognised musician will perform. At the upcoming autumn retreat at Butley Priory, 28th – 31st October, the special guest is international Latin, jazz and salsa pianist and composer, Alex Wilson.

During Alex's recital *Touring Tapestry*, specially created for Niroshini Transformative Retreats, he will weave music from around the world with his touring stories, the ups and downs of the modern musician, and the healing power of music.

Guests will enjoy their evening meal in the company of Alex prior to his recital, and that will be an opportunity to ask him questions about his remarkable career.

"These all-women retreats will focus on enabling personal empowerment and balanced wellbeing," she adds. "With tailor-made treatments and time for each small group of five to seven women to bond, it will also offer the chance to focus on developing that deep core that we all have within us, that intuitive and knowing place. And it's a great chance to promote the sharing of knowledge and personal development."

● To book your place on a forthcoming retreat or one of Melissa's treatments, go to www.niroshini-acupuncture.com or email info@niroshini.com. Follow her on Instagram at [niroshini_retreats](https://www.instagram.com/niroshini_retreats)