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## Rolfing® Redefines The Art Of Making People Beautiful

Just as the fashion industry is coming up with new couture styles, Rolfing is painting a new look, in a manner as novel as their approach to bodywork. Whether it was a coincidence of timing or twist of fate, Rolfing has found itself redefining the art of making people beautiful with it's unique style of bodywork, called structural integration. Proven to have real staying power, Rolfing is winning over skeptics in the world of Hollywood and fashion, where posture, balance, and ease of movement are all part of the formula of looking good.

In "Harper's Bazaar" magazine, fashion designer, Isaac Mizrahi recommended Rolfing as a way to prepare yourself to feel more beautiful and glamorous. When it comes to improved posture, Rolfing leads the way in teaching us the art of rebalancing the body's structure.

The fashion industry is a perfect setting to house Rolfing, where models have discovered that Rolfing has a range of benefits to help them manage balance, muscle coordination, and fatigue. Models are learning how to use structural integration to redesign their look with an undercurrent of grace, fluidity and ease of movement.

For the youth seeking American, Rolfing taps into nature's life force and rehydrates the body's tissue, to bring vital renewal to the circulatory and nervous systems. Like a fountain of youth, it uplifts your spirits, by adding the beauty of improved posture to your look.

Clients say Rolfing gives them a sense of release from tension, and works within their comfort zone to relieve aches and pains. New improvements in Rolfing offer skillful touch, a gentler approach that can be customized to produce results for each individual's needs. Rolfing takes the strain and stress of daily living out of your body, by combining invigorating deep bodywork with self-help tips. Rolfers are trained to detect the source of your problem and tap into the body's fascial network, to rebalance the body and deliver long lasting, effective change. Sessions last an average of 1.25 hours and Rolfing clients say they leave the table stress free and deeply renewed.