

# GLOW AT EVERY AGE

Dr. Melissa Durfey DACM, LE, CIEC

## MEET DR. MELISSA



Dr. Melissa Durfey DACM, LE, A.K.A. My Self Care Doc, is a multi-award-winning Doctor of East Asian Medicine, licensed esthetician, certified intuitive eating counselor, and sought-after speaker who helps audiences rethink wellness and beauty from the ground up.

With over two decades of clinical experience and a deep commitment to radical self acceptance, Dr. Melissa blends science, ritual, and nervous system wisdom to help people glow from the inside out, without hustle, shame, or toxic beauty & wellness culture.

Her talks and workshops are equal parts education and ceremony, leaving participants with practical tools and a profound sense of self-connection.

## TESTIMONIALS FOR DR. MELISSA:

*"Dr. Melissa offers so much great information and takeaways [in her workshops] to apply everyday." —SOMO Cowork*

*"Dr. Melissa is one of a kind! She is an absolute expert when it comes to skin health. Her knowledge and professionalism is unsurpassed." —Dr. Nichole Thomas, DC*

*"I am incredibly impressed with Dr. Melissa Durfey's expertise in holistic medicine. Her knowledge of East Asian treatments and intuitive eating is truly inspiring —Angela Lowry from Petaluma Women in Business*

*"Dr. Melissa is AMAZING! She does such an amazing and detailed job in everything she does. I really appreciate the time and effort she puts into every presentation. I HIGHLY recommend her!!!" —Dr. Stephanie Auerbach, ND*

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## MOST POPULAR WORKSHOPS:

### UNLOCKING YOUR INNER POWERHOUSE: YOUR HOLISTIC TOOLKIT FOR PEAK PRODUCTIVITY

If you're ready to ditch the overwhelm and get your body, mind & spirit out of "survival mode" this is the talk for you. Discover holistic stress management techniques that fit into your busy life and learn how to:

- Go beyond the to-do list and cultivate a thriving mindset
- Reclaim your calm, & boost your focus naturally
- Achieve next-level productivity without sacrificing your well-being.



### NOURISHING YOUR JOURNEY WITH GENTLE NUTRITION

Discover how to break free from restrictive diets and cultivate a healthier relationship with food with this interactive workshop that covers:

- What intuitive eating is and how it may help you heal your relationship with food
- Myths & Facts about why diets don't work
- Action steps for smashing body shame

In this workshop you will begin your journey of nourishing your body mindfully and will walk away with skills to help you embrace a sustainable and seasonal approach to wellness.

### AGE OF EMPOWERMENT: EMBRACING YOUR AUTHENTIC SELF

Tired of feeling pressured to stop aging at all costs? This presentation explores the benefits of embracing aging on your own terms and practicing radical self-acceptance. You will learn:

- Why an anti-aging mindset can do more harm than good
- How radical self acceptance can help you find your favorite self
- Simple and fun tips to help you age gracefully

This workshop is designed to help you celebrate your unique beauty and find your favorite self through the power of self care.

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## KEYNOTE PROGRAMS



### GET YOUR CROWN

Get ready to shine brighter than ever before! This fun and empowering talk that will show you how to ditch the drama and reclaim your royal self. Learn about Dr. Melissa's Self Care Crown Method™ and how it can help you ignite your inner royal in less time than you think. Together we will dive into practical self-care tips, begin your mindset shift, and get a whole lot of inspiration. Learn how nervous system rituals, pro-aging skincare, and body-affirming practices help you glow from the inside out.

### NOURISH YOURSELF SEASONALLY: AN EAST ASIAN MEDICINE GUIDE TO SELF CARE

Ready to feel more fabulous in your skin year round? Discover fun and easy tips to nourish your body and mind seasonally with an East Asian medicine twist. Learn about the five elements, their corresponding organs, and the delicious foods and practices that support your well-being for the season ahead. You will walk away with simple, seasonal rituals that restore energy, balance emotions, and make self-care joyful.



*Get in Touch!*

✉ [hello@melissadurfey.com](mailto:hello@melissadurfey.com)

🌐 [www.myselfcaredoc.com](http://www.myselfcaredoc.com)

☎ (707)780-2273