



Mellow Bliss Boutique encompasses globally inspired fashion threaded with the vibrant colours of bohemian beach culture. Our boutique features handmade and handpicked pieces bringing you one-of-a-kind treasures from every corner of the globe. We specialize in handmade crochet, beach accessories and bohemian clothing that is timeless and versatile in wear.



Mellow out in our harem pants!

We support fair trade to artisans around the world and ensure our pieces come from an ethical and sustainable source. We do not mass produce and therefore cannot guarantee the duplication of our items. We strive to make each piece unique to its owners, so if you love it own it!

Help us support www.greengeckoproject.org



MELENY NADY
Founder, Designer & Reiki Master



CHECK OUT OUR ETSY SHOP!
www.mellowblissboutique.etsy.com



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Mellow Bliss

- BOHEMIAN BOUTIQUE •
- HOMEOPATHIC REMEDIES •
- HOLISTIC HEALING •

www.mellowbliss.com



The Journey



Meleny Nady, the founder of Mellow Bliss comes from an eclectic background and an extensive journey. She is an avid world traveller who has spent much of her travel time heightening her spiritual practices while simultaneously learning about the beauty and arts of the world. Meleny's academic background includes a Visual Arts and Fashion diploma as well as a Bachelor of Arts in Sociology and a Bachelor of Education with honours. She has also pursued her education in Healing Arts and was named a 9th generation Reiki Master in Chiang Mai, Thailand.

It is within her journey and utmost passions that Mellow Bliss came to life. Mellow Bliss is an integrated business offering holistic therapy services, homeopathic remedies and encompasses a bohemian beach culture.

Mellow Bliss is dedicated to creating a space that offers both comfort and balance essential in our day to day lives. We look forward to crossing paths with you and as you are reading this, you are already a part of our journey!

Reiki Healing

"I was given a gift that changed my life, and soon I realized that gift was meant to be shared with others." - Meleny Nady

Reiki is an energetic healing system that goes beyond the symptoms and treats the root cause of the problem on whatever level it exists: body, mind or spirit. Through non invasive and gentle hands-on healing techniques, Reiki works to accelerate your body's healing abilities and to balance your energy.

Meleny's Reiki sessions are aimed to relax, and restore you to a natural state of equilibrium so that you may live a healthier and happier life. Together we will delve into a healing journey that will connect you to your higher self, expand your consciousness and bring new vitality.



Through the channelling of life force energy, Reiki has the capacity to heal every aspect of your body. Here are some ways Reiki can help you:

- ILLNESS: Treats symptoms of illness on whatever level it exists
- RECOVERY: Accelerates recovery from medical treatments
- INJURIES: Aids in recovery from injuries & eases muscle pain
- PAIN: Brings relief from chronic pain, improves joint mobility
- WELL-BEING: Promotes a greater sense of well being and peace
- STRESS: Alleviates stress and ailments attributed to stress
- RELIEF: Relieves allergies as well as headaches
- REGULATES: Regulates blood pressure & strengthens the immune system
- HORMONAL: Balances hormones, for PMS, menopause and fertility issues
- RELAXING: Induces a state of deep relaxation & aids in restoring the body
- EMOTION: Releases blocked and suppressed feelings
- DETOX: Clears bodily toxins and balances the organs and glands



Ionic Cleanse Detoxification

In just 30 minutes, the Ionic Cleanse Detoxification assists in restoring body vitality against environmental toxins eliminating chemicals taken in, including processed foods and meats. Cleanse your body, cleanse your soul. Feel rejuvenated, balanced and whole.



Homeopathic Remedies



Welcome to the height of health. We offer natural and effective remedies that work with the body's wisdom to heal. The Peaceful Mountain product line was born with the belief that many common problems can be helped with the powerful herbs and elements supplied by nature.

A few popular remedies include: Arnica Plus, Back and Pain Rescue, Joint Rescue, Muscle Rescue, Tendon Rescue, and Sciatic Rescue.

peaceful mountain.
THE HEIGHT OF HEALTH®