



## "MEI SHEN" A UNIQUELY BEAUTIFUL CELEBRATION

BY JULIE DU BROW

Licensed Acupuncturist and Herbalist Stace Nelson-Hicks explains why she created the Mei Shen Celebration™. Stace has appeared on FOX, CBS, HGTV and the Soap Network.

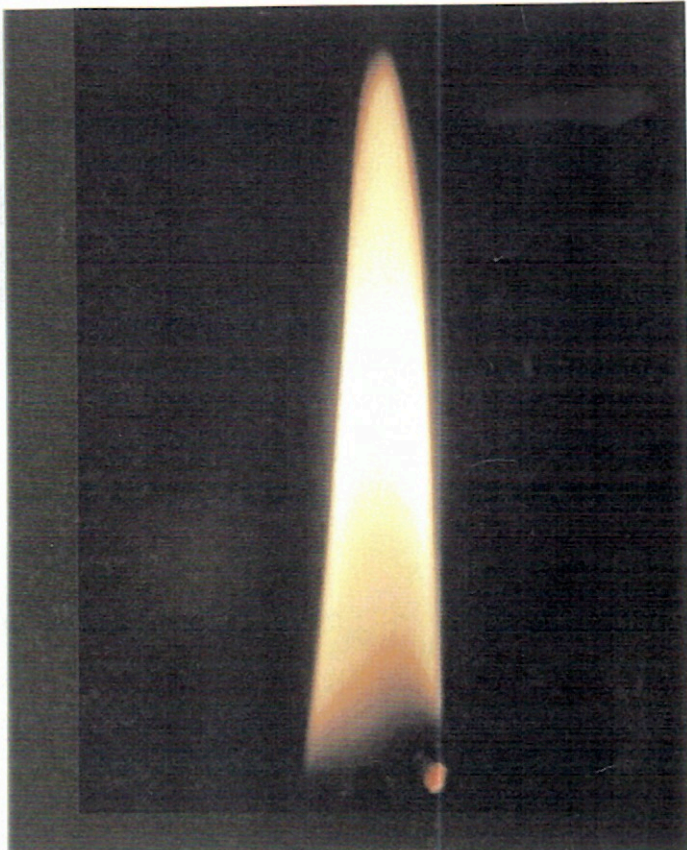
"Many of my friends were getting married or having children, but each complained that their showers lacked a certain depth of meaning. Although their parties were all special in their own way, they didn't need to see another body builder in a fireman uniform strip down to a g-string—they wanted meaningful events. I thought there had to be a better way to honor the deepest commitment a couple can make."

There's nothing more special than gathering your closest friends and family to celebrate life's biggest milestones. In Southern California, showers are taking a new, luxurious twist. Whether it's a bridal or baby shower, a MEI SHEN CELEBRATION brings together not only your nearest and dearest, but unites mind/body/spirit for an experience guests are talking about well after the couple's first anniversary or baby's first birthday.

Repeated requests for a more meaningful and memorable celebration inspired Nelson-Hicks, a life-long student of Asian philosophy, to combine her extensive knowledge of Oriental medicine and therapeutic bodywork to develop a truly unique at-home "spa-like ceremony". The celebration has a dual purpose for every modern woman, she explains. "By using ancient relaxation and rejuvenating techniques, the Mei Shen Celebration offers a refuge from our overstressed and overworked lives. By balancing our internal and external beauty, we create a loving sanctuary for a new union or a new life."

According to those in the know, the exclusive MEI SHEN CELEBRATION is a holistic blending of the ancient Asian tradition of 5 Elements, acupuncture (spiritual dimensions of physical health) and some of the most exclusive spa treatments available. Once all of the guests have gathered, the Celebration begins with an anointing of the "5 Element horary points—to balance the Wood, Fire, Earth, Metal and Water within each participant". This is followed by a "tonifying herbal elixir which opens the heart meridian" as the entire group is moved through an experience which is known as "MEI SHEN", meaning "BEAUTIFUL SPIRIT." The mind/body/spirit connection is expanded with the latest trend in LA spa treatments: custom designed acupuncture facials.

While each guest enjoys this deeply relaxing, rejuvenating treatment, they receive an acupressure massage to further enhance their vital



feminine energies. (Guys don't fret, vital male energetic treatments, though less common, are just as relaxing and effective, and are available upon request).

The MEI SHEN CELEBRATION ends with the most memorable, but most difficult-to-translate event, simply called The Flame Ceremony for English-speakers, when each woman, in a symbolic gesture, makes an offering to the health, wealth and happiness of the upcoming marriage or child. The sacred ashes of these blessings are then mixed into a proprietary herbal concoction, which represents everlasting love. The wish-infused mixture is then sprinkled into silk sachets and given to each guest, creating a lasting keepsake that reminds them of their loving commitment to the new couple or child."

Independent filmmaker Arlene Donnelly, director of the HBO documentary "Naked States," says, "The experience we had at my bridal shower because of Stace really captured the beauty of the feminine spirit. To know that all my friends were sharing in my joy made this an event with memories to last a lifetime." How's this for an endorsement: "This month, Stace will be at my baby shower!"

"I think part of the reason for the popularity of Mei Shen is women's desire to create truly unique and memorable observances of important life events," says Nelson-Hicks. "Balloons and bouquets only go so far—but this kind of celebration also goes deep, strengthening the friendships and family ties through a simple ceremony that is also lots of fun."

THE MEI SHEN CELEBRATION IS AVAILABLE BY APPOINTMENT ONLY IN THE GREATER LOS ANGELES AND SANTA BARBARA AREAS. FOR INFORMATION, CALL (805) 279-1119.