

Rest & Renew with Salt Therapy



Salt Therapy, also known as HaloTherapy, is a 100% natural, drug-free, non-invasive treatment that alleviates problems associated with asthma, allergies, COPD, sinusitis, bronchitis, and many other respiratory and skin issues.

Increase healing by assisting to expel mucus, kill bacteria and open constricted airways while giving your immune system a boost. Salt Therapy can provide an overall sense of well-being, contentment and stress relief.

Share the Salt...

Group of 3 ~ only \$99

Private Group of 2-12 ~ only \$199

To receive party price: your group must attend the same session.
This is European-style therapy; other guests may share a session with you/your group unless you reserve a private group session.



Get Your Zen On

Our Healing Zen Ritual can offer you the chance to get deeply relaxed and rested in only 45 minutes - with no effort on your part other than allowing yourself to "Just Be".
March special price only \$35 per person or \$60 per couple

A delicately blended trio of therapies allows your body and mind to sink into a deep state of relaxation:

- ☛ Using the ancient Japanese Onsen sand bath idea, we have replaced sand with Himalayan pink salt to cocoon you in a warm, dry salt bath for the base of your Zen.
- ☛ Combining the physical and emotional healing produced by color and light, your body can sink into a deeper state of relaxation, even if your eyes are closed.
- ☛ Infrasonic frequency therapy is used to uncover deep healing within and can decrease inflammation, relieve pain, aid sleep, increase energy levels, accelerate recovery.

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March Mindfulness Specials Available thru April 4, 2020