

# Halotherapy

15 or 30 minute options

Salt therapy is a natural remedy that involves inhaling pharmaceutical-grade sodium chloride in a comfortable, controlled environment. A special medical device called a halogenerator will disperse microscopic salt particles into the room. You'll inhale these tiny particles deep into your airways and lungs and they will also land on your skin. Suitable for babies, children and adults, salt therapy can help soothe a long list of skin, respiratory and lifestyle conditions, including:

- Coughs, Colds, & Flu
- Sinus Infections
- Ear Infections
- Asthma
- COPD
- Allergies
- Eczema & Psoriasis
- Acne
- Stress & Anxiety
- Fatigue



# Infrared Sauna

45 minutes

Infrared saunas create warmth and heat you from core outward (versus traditional saunas which heat you from the outside first). The process allows vast therapeutic benefits at a lower temperature. Consider it a modern twist on how our ancestors sweated their way to better health and wellness.

- improved sleep & relaxation
- detoxification & weight loss
- relief from sore muscles
- relief from joint pain such as arthritis
- clear and tighter skin
- mood elevation
- improved circulation
- relief from fatigue



## Red Light Therapy & Medical Grade Chromotherapy

(included with infrared sauna session)

- Regenerates Tissue
- Heals Wounds
- Helps Muscle Recovery
- Boosts Testosterone
- Reduces Chronic Pain
- Rejuvenates Skin
- Boosts Collagen
- Reduces Inflammation
- Soothes the Mind



## Collaboration

Our ultimate goal is to make self-care accessible to the community which is why we partner with other local health practitioners at our wellness spa! Visit our website to learn more about massage, body work, and medical based skincare. Visit our

wellness collective to learn more about BioScan SRT testing to identify root cause of illness, CBD consulting, and other health services performed by licensed providers.

### PRICING FOR SALT + SAUNA

(massage & skincare available, please inquire)

**1 Session Pass: \$30**

**2 Session Pass: \$50**  
(to be used within 1 month)

**4 Session Pass: \$80**  
(to be used within 1 month)

**8 Session Pass: \$120**  
(to be used within 2 months)

**Unlimited 1 Month Member: \$170**  
(can be used for both salt & sauna, children are free with adult member)

\*Children (13 & Under): 1st child free with adult passholder, \$5 for each additional child

\*Teens (14-18): \$18

\*Prices subject to change

"Self care means giving yourself permission to pause."  
-Cecilia Tran