

Salt Cave Yoga, a breathing-centric class held in the Salt Cave. The class begins with seated pranayama and seated stretches, moves into a simple standing flow, and finishes with guided meditation and silent relaxation. The goal is to energize the body, calm the nervous system, nurture and inspire the spirit. Advanced registration required. 60 minutes.

Private Yoga, yoga taught at your pace, tailored to your very own needs and your schedule. Held in the Lagoon Room.

Look for additional classes and workshops on our calendar at our website. Sunday afternoons we offer Meditation sessions based on availability.

Like us on Facebook for promotions & additional services

Mind, Body & Spirit Coaching
Joanne Keene

We will map out your life plan full of purpose, harmony and love.

Call 203-994-2834 for more information.

Transform your Relationship

Boost Your Career

Intuitive Guidance

Hypnosis

Meditation

Custom Healing and Light, a personalized combination of healing, SOTES massage with energy work, guided meditation, and intuitive reading. Private and intimate way to connect to that special someone while healing body soreness.

Salt Therapy

Salt Cave, come enjoy our beautiful and serene salt cave, where you are surrounded by pure Himalayan salt and salt is infused into the air. This treatment strengthens your immune system, improves skin conditions, and relieves sinus, allergy and respiratory symptoms. This room accommodates 8 people.

Cave sessions start promptly on the hour, please arrive 15 minutes early. Please wear white socks, and kindly avoid smoking as well as the use of perfumes for two hours before entering our spa.

Private Salt Cave, reserve the entire cave for 8 of your family and friends. Add "Cave Pampering" at an additional cost.

Salt Bed, a personalized, more intensive salt treatment to strengthen your immune system, improve skin conditions, relieve sinus, allergy, and respiratory symptoms. 20 minute session.

Salt Family(Lagoon) Room, designed to simulate a day at the beach, for children or adults. Maximum capacity 3 adults and 3 children.

Spa Hours of Operation:

Tuesday Wednesday Friday 10AM - 6PM
Thursday 10AM - 7PM
Saturday 10AM - 5PM
Sunday 10AM - 2PM

Gift Certificates

Any denomination. Non-transferable, non-refundable and some exceptions apply.

Cancellation Policy we require 24- hour notice to cancel therapy appointments. Credit card numbers required to hold reservations and will be charged 50% of the service for failure to adhere to policy.



salt *of the* earth[®]

Welcome to our Sanctuary. Here at Salt of The Earth we embrace three elements that create a life force for human body; Salt, Water and Light.

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