

Salt Therapy

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, clear the lungs, 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. Children classes offered for Mindfulness, Meditation and Yoga

Couple's Massage, enjoy side-by-side massage for 2 people, held in the Salt Cave with salt treatment for 45 minutes

Sound Therapy in the Salt Cave: a symphony of healing sounds and vibrations in a tranquil space. By private appointment only. Readings optional

Salt Cave: 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.

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.

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.

Mind, Body & Spirit Coaching, held in the lagoon room with Salt Therapy with JoJo Keane

Call 203-994-2834 for more information.
Transform your Relationship
Boost Your Career
Intuitive Guidance
Hypnosis
Meditation

Spa Hours of Operation:

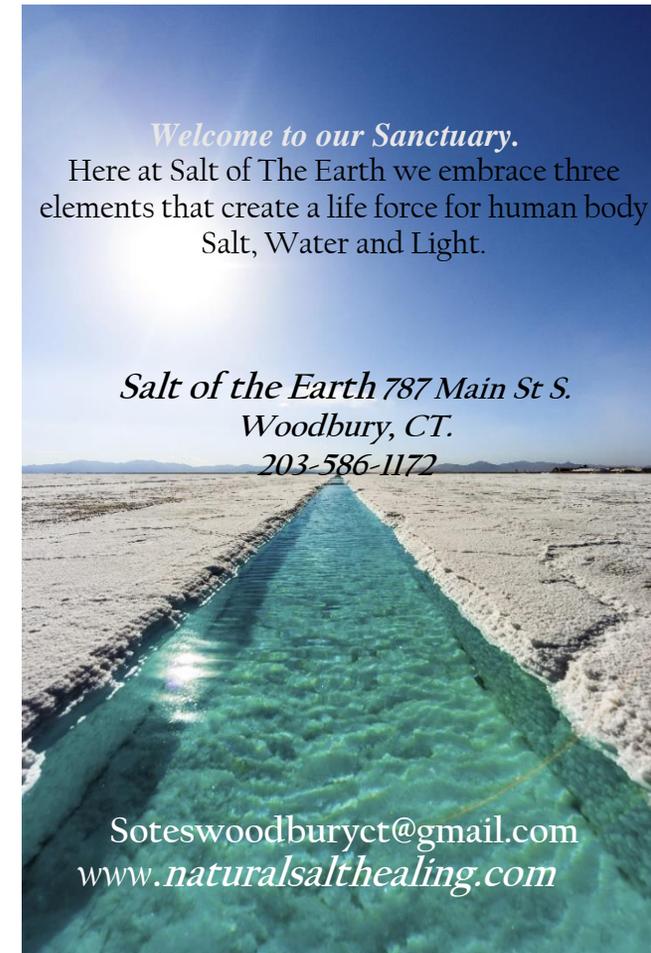
Tuesday & Wednesday 10AM - 6PM
Thursday 10AM - 7 PM
Friday & Saturday 8AM - 3PM
Sunday 10AM - 2PM

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.

**Store credit only on returned merchandise with proof of purchase*



06/16