

## **Bodywork Treatments,** provided by Licensed Certified Therapists.

*Please plan for gratuities with cash or check.*

**Swedish or Deep Tissue** 30, 60 or 90 minutes.

**Lava Shell,** Warm smooth shells glide across your body, loosening tight muscles and relaxing the entire body. 45 minutes.

**High Performance** ultimate sports massage for athletes. Deep ~~tissue~~ massage, combined with the use of warm Lava Shells and Cool Glacial Shells to reduce inflammation, stimulate blood flow, heal sore muscles and restore flexibility. Raise your performance level, avoid injury, and preserve your longevity as an athlete. 60 minutes.

**Pampering,** scalp, shoulder and foot massage. Warm neck wraps included. 45 minutes  
Held in The Lagoon Room with Salt Treatment one or two people. Held in the Salt Cave for parties of up to eight people and may be combined with other services. Please call for pricing options.

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

**Acupressure,** using special techniques, therapist will use her hands to trigger points that release endorphins in the body. This blocks the pain and increases blood flow to targeted areas. A great addition to other treatments

**Oncology Massage.** Massage therapy techniques that safely work with complications of cancer and cancer treatments 30, 60 or 90 minutes. Consult required.

*Hydrate at the end of your treatment with our gem water crystal elixir!*

**Bodywork Integration,** addresses pain and limited mobility. Utilizing Myofascial Release, Reflexology, Thai Massage, and Myofascial Trigger Point and Passive Active Resistance, or stretching to assist the body's healing for longer lasting effectiveness. 60 or 90 minutes. Ideal for those with Fibromyalgia, chronic headaches, breast cancer surgery, MS, ALS, Parkinson's and more. Packages recommended, consult required.

**Maya Abdominal Therapy,** an external, non-invasive manipulation that repositions internal organs that have shifted due to falls, injury, surgery or other traumas, thereby restricting the flow of blood, lymph, nerve and energy or chi. 90 minutes. Consult Req.

**Craniosacral I or Cranio Upledger,** A light touch modality that strengthens the body's ability to heal itself. Nearly unperceivable techniques are used to relieve undue pressure on the spinal cord via blockages and imbalances. 90 minutes.

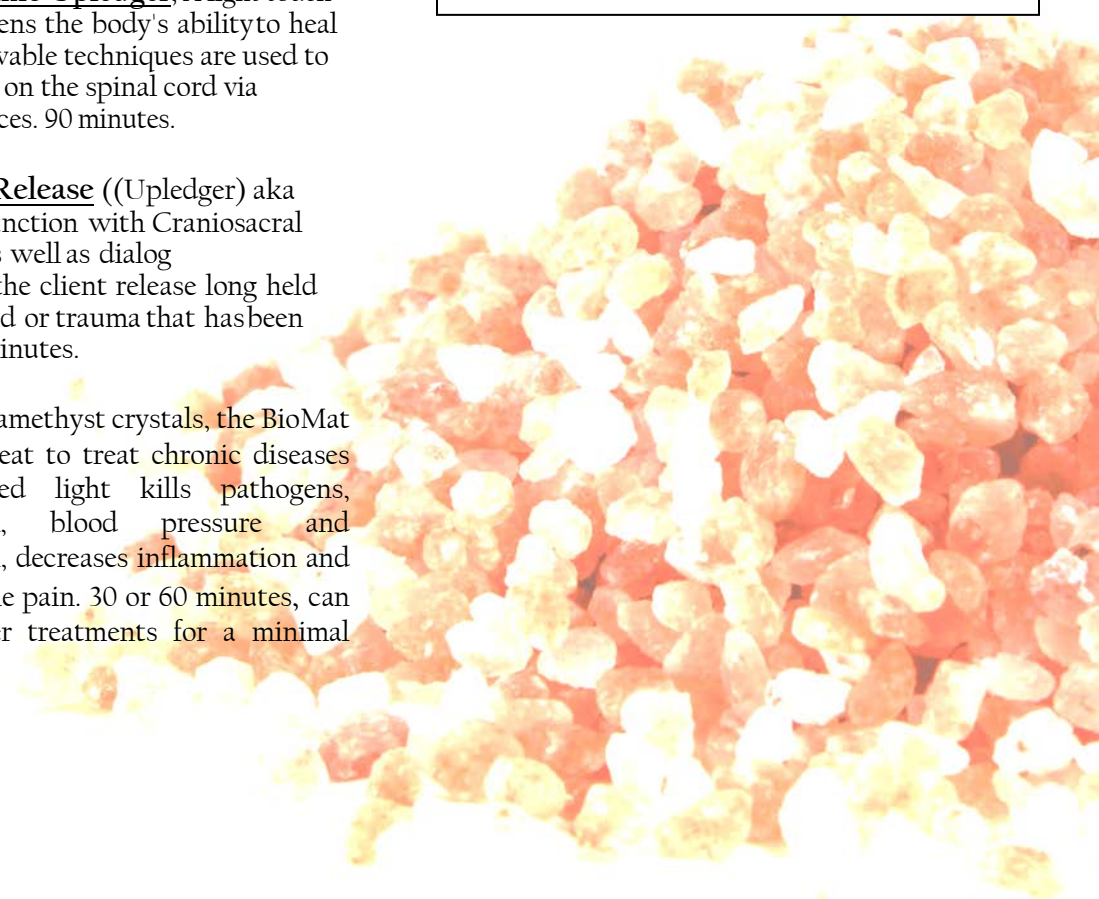
**Somato Emotional Release** ((Upledger) aka SER – is done in conjunction with Craniosacral and guided imagery as well as dialog encompassed to help the client release long held emotional imprints and or trauma that has been stuck in the body. 90 minutes.

**Biomat,** layered with amethyst crystals, the BioMat provides far infrared heat to treat chronic diseases and ailments. Infrared light kills pathogens, improves circulation, blood pressure and cardiovascular function, decreases inflammation and relieves joint and muscle pain. 30 or 60 minutes, can be added to our other treatments for a minimal upcharge.

**Reflexology,** addresses issues in the entire body by working points in the feet and hands. For relaxation, stress relief, pain relief, and headaches. 45 minutes with salt therapy in the Lagoon Room. Can add infrared foot sauna to the service for an additional fee.

**SOTES Bodywork Package,** a gentle, hands-on approach that releases tensions deep in the body from head to toe, to relieve pain and dysfunction and improve whole-body health and performance. Combination of, 20-minute Saltbed therapy, 60-minute Cranio Sacral on the BioMat. (Initial consultation required)

**Energy Work,** by our Reiki Masters, 45 or 60 minutes. Can be added with other services



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 Lagoon Room

*Look for additional classes and workshops on our Facebook page, "Salt of the Earth Therapeutic Spa"! Sunday afternoons will 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 cave.**

Private Salt Cave, reserve the entire cave for eight 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 and Friday 10AM - 6 PM  
Thursday 10AM - 7PM  
Saturday 10 AM - 5 PM  
Sunday 10 AM - 2 PM

### ***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 Wellness Center-  
*Here at Salt of the Earth, we embrace three elements that create a life force for human body: Salt, Water and Light.*

*Salt of the  
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