

Anion/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 Sessions by appointment

Look for additional classes and workshops on our calendar at www.naturalsalthealing.com

III Ascension a self guided meditation for one hour and 11 minutes in the cleanest, purest space -the highest vibration of air quality and sound. See our schedule for days and times.

Our popular Couple's Massage, enjoy side-by-side massage for 2 people, held in the Saltcave with anion/salt therapy for 45 minutes

Sound Therapy in the Salt Cave a symphony of healing sounds and vibrations in a tranquil space. Check our website calendar for dates.

Salt Cave, enjoy our beautiful and serene salt cave, where you are surrounded by pure Himalayan salt. "Happy Air" and salt is infused into the air. This treatment strengthens your immune system, oxygenates your bloodstream, 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. Perfect for those special events.

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.

Regular *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 Anion/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 Friday 10AM - 6PM
Wednesday 9AM - 5 PM
Thursday 10AM - 7 PM
Saturday 9AM - 3 PM
Sunday 10 AM - 2 PM

06/16

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*



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, Air and Light.

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