

Self Care Treatments

Bedtime at Salt of the Earth Sanctuary
For Your Mind, Body and Soul
Give us 20 minutes and feel the
difference

Saltbed, lie on a bed of warm
Himalayan salt crystals in a more
personalized salt intensive treatment
which addresses:
Respiratory Ailments
Skin Conditions
Inflammation
Joint Pain

20 Minute per Session, Packages
Available

- **Chakra Tune Up**, Open your Chakras
and balance your energy centers under
our Crystal Light Bed. If you meditate you
can go very deep with this treatment. If
you are new to meditation this is the ideal
facilitator.
- Energetic Cleansing of the Auric Field
- Spiritually Rejuvenating
- Balance Central Nervous System

20 Minutes Per Session, Packages
Available

Red Light NIR Therapy.

Treats on the cellular/tissue level. 20 Min per
session, Packages Available

- Inflammation
- Respiratory
- Traumatic Brain Injury
- PTSD
- Anxiety
- Depression
- Circulation
- Skin Conditions
- Post Surgery
- Scars
- Chronic Pain

Our Staff Meets You Where You Are.. at This Very Moment

Salt of the Earth offers a list of heavenly
healing treatments and therapies. The salt in
the air, the higher concentration of healthy
ions in our treatment rooms and the
abundance of minerals that you will find
throughout, set the tone for deep healing and
relaxation during your treatment. Our
individualized sessions target the whole-self
and are customized to your personal needs.
Our highly skilled therapists charge by the
hour for their services

Certified Energy Medicine

Advanced Theta Healing **Shock and Trauma Release** **Metaphysical Anatomy** **Pranic Healing**

Sessions listed above are generally 90
Minutes. Packages available

E.M.T: Enlightened Massage Therapy; More
than just physical, we take a unique approach.
Each customized session will touch upon each
part of self to guide you back to a centered
state of being, physically, spiritually and
energetically. Call for more information

45, 60 90 or 120 Minutes
Packages available

*Please note our Practitioners are Outside
Contractors and they accept cash, check or
Venmo for their portion of the services
offered here at the Center*



salt *of the* earth.

Group and Private Sessions

Allow us to be your Spiritual Guides. Ask
us about the newest Group Sessions we
offer in the Saltcave,

The Spiritual Salad Bar.

Fill your "Soulbowl" with a selection of
services to enlighten the senses,
seasoned with the benefits of Himalayan
Salt and purified, certified clean air.
Experience total immersion of bliss and
rejuvenation with a mini retreat at our cave
for your family, friends or co-workers. 4, 5
or 6 participants 90 Minutes, two
therapists
Open the heart and heal mind body and
soul. Call the spa for further details.

High Frequency Group Healing Sessions.
90 Min min 4 participants, max 8. Two
therapists, Breathwork and Blessing, Sound
Healing, Cranio, Energy Clearing, and Chakra
Balancing

**Our Popular Cave Pampering 45
minutes.** 2 to 8 participants, one or two
therapists depending on number of guests.

Pampering Add ons:
Sound Bowls
Craniosacral Therapy
Energy Healing

**Yoga will be returning, Private Group
Sessions Available.**

Salt of the Earth Sanctuary Hours

Tuesday, Wednesday and Fridays 10AM
to 4 PM

Thursdays 11:00AM to 6:00 PM

Saturdays 10:00AM to 3:00 PM

*(Additional times may be available for
bodywork treatments by appointment
only)*