

## Salt/Anion Therapy

*Our Saltcave and Lagoon Room provide the ultimate breathing environment, giving your respiratory system a much needed break and cleansing. Immersion of healthy negative ions will calm your nerves, reduce your stress and oxygenate your bloodstream. Salted air removes mucous and congestion while reducing inflammation. Purify your soul, give yourself a much needed break for 45 minutes.*

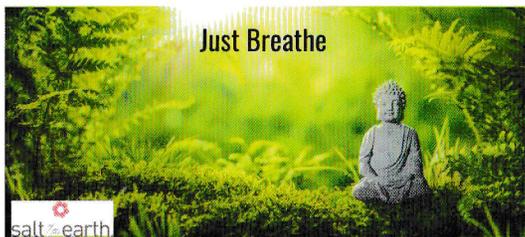
Connect with that special someone with our **Couples Massage in the SaltCave.**

45 or 90 minutes

Add Sound Healing with our Himalayan Harmonics for an added vibrational recharge for the mind body and soul.

• **All bodywork treatments are currently being done in our Saltrooms until further notice.**

- The following are upcharges and add-ons for our services offered
- Salt/Anion Therapy for 60 or 90 minute bodywork therapies
- Magnesium Massage
- CBD Full Spectrum
- CBD Broad Spectrum
- Lava/Glacial Shell
- BioMat (combine with Red Light/NIR therapy)
- Maureen St Germaine (AroMandalas-Orion Series) Sacred Geometries Essential Oils



The evolution of Light and Energy in relation to healing is more relevant today than ever before. Book a session with us at Salt of the Earth and discover one of our many treatments, from self care sessions to sessions with one of our Professional Healers or EMT's, (Enlightened Massage Therapists).

- **Our Services may offer relief from:**
- **Upper respiratory conditions, congestion in head and lungs**
- **Anxiety and Stress**
- **Migraines, headaches**
- **Chronic pain**
- **Emotional distress, depression, fear or panic**
- **Stomach pain, digestive disorders**
- **Back, neck, hip and shoulder pain**
- **Skin conditions, scars, rashes and more**

We offer remote healing sessions for those who cannot physically be at our center, please call the spa for more information

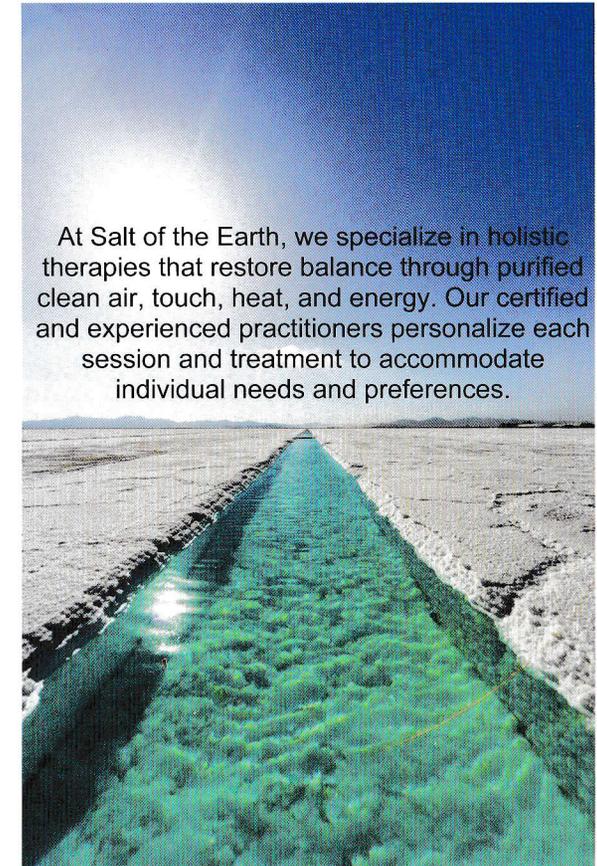
The spa requires a 24 hour cancellation notice. If you are a no show you will be charged 50% of the service you booked to cover set up and therapist fees. The spa accepts Mastercard, Discover or Visa, cash or local check. Our therapists accept cash, check or Venmo.

Booties are provided as footwear when entering our saltrooms. There is a 2.00 fee per pair. They are washable and we encourage you to hold onto them for future visits.



# salt *of the* earth®

Your Destination for Conscious Living



At Salt of the Earth, we specialize in holistic therapies that restore balance through purified clean air, touch, heat, and energy. Our certified and experienced practitioners personalize each session and treatment to accommodate individual needs and preferences.

787 Main St S  
Woodbury Ct 06798  
203-586-1172  
[www.naturalsalthealing.com](http://www.naturalsalthealing.com)