

# Modalities

## HOCATT

*Single Treatment \$65 • 5 Session Package \$325 • 10 Sessions \$650*

Hyperthermic Ozone and Carbonic Acid Transdermal Technology. This 30 minute treatment includes 6 different wellness modalities to help detoxify, improve overall cellular health, improve your skin, and improve your overall wellness.

## PEMF

*Single Session \$20 • 5 Sessions \$85 • 10 Sessions \$150 • Unlimited 1 Month Package \$150*

Pulsed Electro-magnetic Field Therapy is a therapeutic modality used to treat a variety of issues. The magnetic field assists with the improvement of overall cellular health and function. The magnetic field passing through our body has an electromagnetic effect on each of our 70 trillion cells. As a result, magnetic fields act in basic and fundamental ways on molecules and tissues. They affect the most basic functions of all cells. The utilization of PEMF has been used around the world and the US FDA accepted the use of PEMF in the healing of non-union bone fractures in 1979, urinary incontinence and muscle stimulation in 1998, and depression and anxiety in 2006.

## INFRARED SAUNA

*Single Session \$20 • 5 Sessions \$90 • 10 Sessions \$150 • Unlimited 1 Month Package \$130*

Utilizing a patented 3 wave infrared system our Sunlighten infrared sauna will help your body release a number of toxins, including heavy metals like mercury and lead, and environmental chemicals. It can also assist with weight loss, relaxation, relieve unwanted pain, increase your circulation, and purify your skin. The near infrared levels are best for wound healing and increased immune function. Middle infrared levels are best for increasing circulation and promoting muscle relaxation. Far infrared levels are best for detoxification.

## FLOTATION THERAPY

*Single Session \$30 • 5 Sessions \$120 • 10 Sessions \$200 • Unlimited 1 Month Package \$130*

Floataion therapy is a unique way to alleviate much of the external stimuli the brain processes throughout the day, assist with pain reduction, increase magnesium levels within the body, improve sleep, increase relaxation, increase creativity, improve mental health, and improve athletic performance. The theory is that up to 90% of the brains normal function is utilized by processing environmental stimulation. Floating allows the individual to remove these stimuli and take on a deep relaxing state of well-being. One hour of floating is equivalent to 4 hours of restorative sleep and the detoxification is similar to that of a 3 day fast.

## HALO THERAPY

*Single Session **\$20** • 5 Sessions **\$90** • 10 Sessions **\$180** • Unlimited 1 Month Package **\$130***

Salt therapy is a natural and non-invasive therapy that can help relieve the symptoms of a wide range of respiratory and skin conditions. Salt is a natural anti-inflammatory, antibacterial and antihistamine, so people experiencing everything from asthma to eczema may experience significant and lasting symptom relief following regular salt therapy. It's a simple 40 minute treatment that is safe for all ages.