

# Modalities

## PEMF

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

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 \$150*

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.

## HALO THERAPY

*Single Session \$20 • 5 Sessions \$90 • 10 Sessions \$150 • 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.

## BEE THERAPY HOUSE

*Single Session (30 min) \$30 • Single Session (60 min) \$49 • 5 Sessions (30 min) \$129 •  
10 Sessions (30 min) \$225*

Bee House Therapy, also known as apitherapy, is a therapeutic experience designed to harness the natural healing properties of active beehives. This safe, controlled modality allows individuals to relax on a bed or bench placed over enclosed beehives, where the gentle vibrations, soothing sounds, and ionized air enriched with bee products can promote relaxation and well-being. The natural compounds from the hive air, including propolis and essential oils, are believed to support respiratory health, reduce stress, and boost immunity. Originating from Eastern Europe, this practice provides a unique way to connect with nature while experiencing a variety of potential health benefits.