

SALTABILITY

WELLNESS | SPA | RETREAT

Healthy Body, Balanced Mind, Peaceful Soul
ALIGNED ENERGY



www.saltabilityretreat.com

WELCOME TO SALTABILITY RETREAT

Your Sanctuary for Intentional Wellness

OUR MISSION

To provide a serene space for your journey of wellness, allowing you to discover your needs and nurture your holistic being. We offer a range of services designed to help you unwind, de-stress, and reconnect with your inner peace.

We believe in:

- *kindness* towards ourselves and others
- *honoring* the energy within the universe
- fostering *peace* and *empowerment* for everyone who walks through our doors
- the *journey* towards a healthy body, balanced mind, and peaceful soul

We specialize in:

Halotherapy (Salt Cave)	Red Light Therapy
Body Scrub	PEMF Mat
Cupping	Compression Therapy
Ionic Foot Detox	Brain Entrainment
Herbal Foot Soak	Body Massage
Oxygen Bar	Reflexology
	Reiki

HALOTHERAPY SALT CAVE

BENEFITS

- Clears mucus and reduces inflammation
- Alleviates asthma and bronchitis symptoms
- Improves eczema and psoriasis
- Lowers stress and promotes relaxation
- Enhances sleep quality and duration

(visit our website for more benefits & contraindications)

45 minute Quiet Community Sessions

Single session \$ 35

Private Group session \$145

(Up to 6 people, each additional person add \$23)

PRIVATE SESSIONS IN THE SALT CAVE

Reflexology or Reiki for one, 50 min \$135

Reflexology or Reiki for two, 50 min each \$270

Shared Reflexology or Reiki* (2 clients/1 tech) \$165

Group Reflexology or Reiki* (4 clients/2 techs) \$330

**25 minute session for each client*

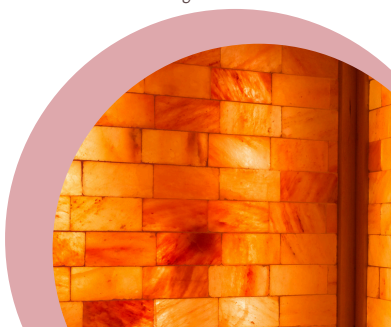
Sound Bath for one, 50 min \$115

Sound Bath for two, 50 min \$145

EVENTS & WORKSHOPS IN THE SALT CAVE

We host yoga, meditation, sound sessions & workshops in the salt cave & special events, such as movie night, book club, & local support group meetings. Check our website for more details.

To book a private salt cave event, contact us at 610.222.2133 or hello@SALTabilityRetreat.com



BODY TREATMENTS

SIGNATURE SALTY BODY SCRUB

Begin with a dry body brushing to support lymphatic drainage, followed by an exfoliation treatment to gently buff away dead skin cells, leaving your skin smooth and radiant. Quench your newly exfoliated skin with our signature hydration application infused with a blend of essential oils.

\$130/75 MIN

RAINDROP TECHNIQUE

Combination of nerve strokes and massage techniques mostly along the spine and feet using several different essential oils to create space in your vertebrae and allow for a better flow of energy within your body.

\$130/60 MIN

FIRE & ICE BODY TREATMENT

Massage using essential oils and alternating applications of hot & cold stones to stimulate circulation, promote detoxification & enhance relaxation, providing a rejuvenating & invigorating experience for the body.

\$130/75 MIN

FULL BODY CUPPING

Massage combined with cupping machine using pulsing movements and suction with controlled intensity to support mayo fascial release and lymphatic drainage.

\$110/60 MIN

FULL BODY MASSAGE

Our skilled therapists use gentle strokes and adjust the pressure to fit your preferences, alleviating tension, promoting relaxation, and enhancing your overall well-being. This treatment helps to balance the body and mind, leaving you feeling refreshed and revitalized.

\$105/60 MIN | \$150/90 MIN

Massage Enhancements **does not add time*

Choose From: Hot Stone, CBD Oil, Salt Stone, Aromatherapy, Gua Sha tool

\$20 EACH

Treatment Add-Ons **adds time, as below*

Face Massage

\$20/15 MIN

Targetted Cupping

\$30/30 MIN

REFLEXOLOGY

REFLEXOLOGY

Balance and restore the body's natural energy flow by applying pressure to specific points on the feet, which correspond to different organs and systems in the body. Helps to promote relaxation, reduce pain, and improve overall health. Through this holistic approach, reflexology aims to balance and restore the body's natural energy flow.

\$105/60 MIN

HEAD, HANDS & FEET REFLEXOLOGY

Enhanced Reflexology that incorporates the pressure points in your head, hands and feet.

\$105/60 MIN

FEET & FACIAL SORENSSENSISTEM™ REFLEXOLOGY

In a Sorensensistem™ treatment session, the entire surface of the face is stimulated (except the eyelids), which supports natural improvement in the blood & energetic circulation in the body, & nerve function to the brain, lymphatic drainage & muscle tone of the face.

\$130/60 MIN

REIKI + REFLEXOLOGY COMBO

Combines the energy healing of Reiki with the targeted pressure techniques of Reflexology to balance your energy, relieve stress, and promote overall well-being by addressing both your energetic and physical health.

\$105/60 MIN

Reflexology can be held in a private salt cave session for an additional \$30 per person

Reflexology

works on the body on multiple levels.

**Healing touch releases
enkephalins and endorphins,**
*which promote feelings of well-being,
strengthening the immune and
hormone systems of the body*

ENERGY WORK

CHAKRA BALANCING WITH SOUND THERAPY

Align and harmonize the body's energy centers (Chakras) using Tibetan sound bowls and other healing instruments to promote overall well-being, helping you feel centered, energized, and emotionally balanced.

\$105/60 MIN

REIKI

Japanese healing technique that involves channeling energy through the practitioner's hands to promote physical, emotional, and spiritual well-being using the universal life force energy that supports the body's natural healing abilities.

\$105/60 MIN

**All Energy Services & Sound Sessions can be held in a private salt cave session for an additional \$30 per person*

SOUND SESSIONS

We use Tibetan sound bowls, ocean drum, rain stick, koshi chimes, and other instruments to create vibrational resonance helping to reduce stress, clear energetic blockages, and enhance your overall sense of harmony and peace.

SOUND BATH

Choose a massage table or oxygen lounge for a personal healing sound bath session

\$85/60 MIN

DUO SOUND BATH

Relax in the oxygen lounge for a healing sound bath session for 2 *bonus oxygen session for both

\$115/60 MIN

SOUND BATH IN THE CAVE

Relax in the salt cave for a 50 minute healing sound bath session, starting at \$115 for 1 person *bonus halotherapy
Add \$30 per person

\$115/50 MIN

*The human body is 60% water which is an **excellent conductive medium** for **sound and vibration***

FOOT DETOX SERVICES

We believe your feet hold the key to your well-being. With an average of 2,000 pores and over 60 of the body's 360 acupuncture points, the feet are ideal for revitalizing health. That's why we offer two amazing foot detox services to help you feel your best: Ionic Foot Detox and Herbal Foot Soak. Both services detoxify your body, improve circulation, reduce stress, and leave you feeling refreshed.

*Love Your Feet
Love Yourself*

IONIC FOOT DETOX

The Ionic Foot detox uses an electrode to create positively and negatively charged ions in the water which travel throughout the body and stimulates the detoxification process. **\$40/20 MIN | \$70/40 MIN**

HERBAL FOOT SOAK

Made with a blend of salts, clay, herbs, & essential oils, this beautiful soak in a copper tub will help you unwind & rejuvenate. **\$40/30 MIN**

FOOT SOAK ADD-ONS

CLAY FOOT MASK

A clay-based mixture applied to the feet, drawing out impurities, exfoliating dead skin cells, & leaving the skin refreshed & revitalized. **\$20**

FOOT FIZZY

CBD Bath Bomb in the copper tub. Choose from: *Detox, Refresh, Recovery, Calm* **\$15**

Benefits of herbs used in our Herbal Foot Soaks

cornflower ~ soothes, relaxes, and anti-inflammatory

lavender ~ calms, provides stress-relief, and anti-microbial

blue lotus ~ relaxes, reduces anxiety, and mild sedative effects

rose petals ~ hydrates skin, soothes, relaxes, and anti-inflammatory

orange slices ~ uplifts, brightens, and anti-oxidant

LED AND PEMF THERAPY

RED LIGHT PEMF MAT

With PEMF, Far Infrared Heat, Red Light Therapy, Negative Ions, & Natural Crystals, our mat can support your circulatory, nervous, musculoskeletal, & respiratory systems.

\$45/30 MIN
\$80/60 MIN



*Scan here to learn
more about our
PEMF Mat and the 5
therapies it offers*

*Energize your body's natural
potential with PEMF therapy*

Pulsed Electromagnetic Field Therapy

A pathway to holistic wellness.

CELLUMA LED LIGHT THERAPY

Add to your skincare and pain management routine with FDA-approved, clinically proven, and non-invasive treatment designed to address a range of concerns, from acne & wrinkles to pain relief. Using advanced light technology, Celluma stimulates cellular activity, promoting collagen production, reducing inflammation, & improving circulation.

\$45/30 MIN

ACNE (BLUE LIGHT)

Kills acne bacteria; Clears existing breakouts;
Restores skin's healthy appearance

ANTI-AGING/WRINKLES (RED LIGHT)

Increases collagen & elastin production; Reduces the look of fine lines & wrinkles; Improves skin's firmness & resilience

PAIN (NEAR INFRARED LIGHT)

Reduces inflammation & increases circulation;
Relieves arthritic muscle & joint pain; Reduces stiffness & muscle spasms

PEMF & CELLUMA COMBO

Combo of Celluma LED Light Therapy placed on your face or body while you lie on the PEMF Mat

\$80/30 MIN

COMPRESSION THERAPY

BENEFITS OF COMPRESSION

- Accelerated muscle recovery
- Reduced muscle soreness and fatigue
- Improved circulation
- Enhanced lymphatic drainage
- Alleviation of swelling and inflammation
- Increased range of motion and flexibility

LEG COMPRESSION BOOTS

Device designed to improve circulation & accelerate muscle recovery by applying rhythmic pressure to five zones of the feet and legs, enhancing blood flow & reducing swelling & discomfort.

**best for clients taller than 5'4"*

\$40/30 MIN

ARM COMPRESSION SLEEVES

Device designed to improve circulation & accelerate muscle recovery by applying rhythmic pressure to five zones in the hands and arms, enhancing blood flow & reducing swelling & discomfort.

\$40/30 MIN

ALTERNATIVE WELLNESS

OXYGEN LOUNGE

Oxygen treatment enhances relaxation and revitalizes your body by delivering pure oxygen through a nose canula. 92% pure oxygen boosts energy, improves mood, reduces stress, promotes better sleep, and supports overall well-being, helping you feel refreshed and rejuvenated.

\$20/15 MIN

Relax in a recliner alone or next to a friend

\$35/30 MIN

LIGHT & SOUND BRAIN ENTRAINMENT

Inspired by the Pali term for focusing the mind through visual object, our Kasina Light & Sound system provides a meditative experience. Using headphones & Ganza Frames, your mind will naturally sync to the session's frequency. Float through a world of pure, jewel-like colors illuminating your visual & mental fields. Choose from sessions like meditate, focus energy, night voyage, trance, & mind-art to experience profound positive mood shifts & enhanced mental clarity.

\$15/15 MIN

Combine with another service for a boost

\$30/30 MIN

SELF-CARE PACKAGES

Our Wellness Packages are designed to help you feel your best every day. Whether you're new to self-care or looking to deepen your routine, these packages offer a consistent approach to wellness that fits seamlessly into your life. With regular use, you'll notice increased energy, improved mood, and a sense of balance that keeps you thriving. Choose the package(s) that best supports your goals.

Halotherapy Salt Cave

4 Community Sessions	\$115
8 Community Sessions	\$225

Ionic Foot Detox or Herbal Foot Soak

4 Sessions	\$130
8 Sessions	\$255

PEMF Mat or Celluma Red Light

4 Sessions	\$145
8 Sessions	\$285

Compression Therapy - Arms or Legs

4 Sessions	\$130
8 Sessions	\$255

Unlimited Add-On Services

Oxygen Lounge	\$90
Light & Sound Brain Entrainment	\$80

**Good for 30 days*

*4 Session Packages valid for 60 days after first use
8 Session Packages valid for 90 days after first use
Unlimited Packages valid for 30 days after first use*

SPA ETIQUETTE

Reservations

While walk-ins are always welcome, we recommend making a reservation to ensure your preferred time and treatment are available. Planning ahead helps us provide the best possible experience for you.

Cancellation Policy

Life happens, and sometimes plans change. If you need to cancel your appointment, please notify us at least 24 hours in advance to avoid a \$25 cancellation fee. This helps us accommodate other guests and keep things running smoothly.

What to Expect

Dress comfortably, stay hydrated, and come ready to relax. Leave your phone and worries at home - our skilled team is here to take care of you from the moment you walk through the door. Enjoy the sanctuary and let us handle the rest. *Please arrive 10 minutes before your appointment time.*

Gift Cards

Looking for the perfect gift? We offer gift cards in any denomination, available both in-store as physical cards or online as emailed and printable certificates. Give the gift of relaxation and wellness to someone special.

Payment Options

We accept all major credit cards, cash, checks, and gift cards for your convenience. No matter your preferred payment method, we aim to make your experience as seamless as possible. Gift cards must be present at the time of service to be redeemed.

Pricing & Gratuities

Our pricing reflects the quality of service you deserve. Gratuities are appreciated and can be given in cash or via Venmo, allowing you to express your gratitude in the way that suits you best.

VISIT US

Skippack Village
4059 W Skippack Pike
Skippack, PA

STAY IN TOUCH



saltabilityretreat



SALTabilityRetreat



hello@saltabilityretreat.com



610.222.2133

Share your
experience
with a review
on Google

Thank you!



HOST A PRIVATE EVENT

Our space is available for mindful gatherings, private events, corporate + wellness retreats, bridal + baby showers, birthday parties, summits and beyond. To inquire about hosting your next event at SALTability Retreat, please fill out the link in our website under Private Events and our team will be in touch with you directly.