

Monthly Memberships

\$350 Total Wellness:

Unlimited use of salt therapy, infrared sauna, & Magnesphere, plus a 10% retail product discount.

\$225 Salt & Sweat:

Unlimited salt therapy and infrared sauna sessions, plus a 10% retail product discount.

\$165 Salty Adult:

Unlimited use of salt therapy.

\$140 Sauna Wellness:

Unlimited use of the infrared sauna.

\$130 Salty Kid:

Children 12 & under unlimited salt therapy.

***All Memberships must be active for a minimum of 3 months.**

GIFT CERTIFICATES AVAILABLE

Booking Simplified

Go to saltessentialswellness.com to book online or call us at 727-275-7258 and we'll do the booking for you. Gift Certificates are also available for online purchase.

Payment Options

Cash is greatly appreciated, especially for tips. All major credit cards are accepted. A 3% service charge is automatically added to all credit card transactions. Zelle and Venmo are accepted with no fees.

WALK-INS WELCOME! Appointments Recommended



Town Center Plaza
1600 Missouri Avenue N.
Suite 160, Largo, FL 33770
info@saltessentialswellness.com
saltessentialswellness.com

Hours:

Monday - Friday 10:00 - 7:00
Saturday-Sunday 10:00 - 5:00

727-275-7258 (SALT)

MM#40979
CE#10039118



What is halotherapy?

Breathing in pure grade salt that has been finely ground and dispersed into an enclosed room or chamber through a special halogenerator. The micro-sized NaCl particles are super absorbent, antibacterial, anti-inflammatory, and antimicrobial. Halotherapy is 100% natural, drug-free, and safe!

Halotherapy enhances overall wellness by removing toxins from your respiratory system and sinuses, cleansing your skin, boosting your immune system, and more. Clients also report improved sleep, mood, relaxation, as well as relief from asthma, allergies, and COPD symptoms.

All natural healing and wellness

**Salt Therapy
& more!**

Halotherapy

Take a deep breath and relax with our signature 45 minute Salt Therapy session.

Teens & Adults (ages 13 & up)

Single Session	\$45
Session For 2	\$75
5 Session Pk	\$175
10 Session Pk	\$300

Children (ages 12 & under)

Single Session	\$30
Accompanying Adult	\$25
Additional Sibling(s)	\$15
5 Session Package	\$120
10 Session Package	\$200

Infra-red Sauna Therapy

Our 3-in-1 full spectrum sauna benefits include detoxification, weight loss, and more!

	<u>20 Min</u>	<u>30 Min</u>	<u>40 Min</u>
Single Session	\$30	\$35	\$45
Sauna For 2	\$40	\$50	\$65
5 Session Pk	\$120	\$140	\$175
10 Session Pk	\$200	\$250	\$300

Magnesphere Therapy

Address the stress at a molecular level with the natural, low-level magnetic therapy.

30- Min Session	\$35
5 Session Package	\$160
10 Session Package	\$300
60- Min Session	\$55
5 Session Package	\$250
10 Session Package	\$450

*Above services are based on availability.

Massage Therapy

Indulge in our signature Salt Essentials therapeutic integrative massage.

	<u>60 Min</u>	<u>90 Min</u>	<u>2 Hr</u>
Massage	\$105	\$145	\$195
Couple's Massage	\$200	\$260	\$340
3 Pk - Massage	\$275	\$375	\$500
5 Pk - Massage	\$435	\$575	\$775

Reflexology & Reiki

Reduce stress in the mind, body & spirit. Restore, Balance, & Revitalize energy through a pressure point targeted treatment.

30- Min Session: \$60 45- Min Session: \$80
60- Min Session: \$100

*Ask about our add-ons.

Acupuncture

Stimulate the body's immune system and strengthen its ability to heal itself.

90- Min New Client Acupuncture: \$140
(includes 30-min consultation & 60-min treatment)

60- Min Session: \$90

Classes

Visit our website or call for up-to-date class schedules.

Drop-In: \$45 5-Pk: \$200 10-Pk: \$375



Skin Care

Transform your skin with a Farmhouse Fresh facial or skin care treatment.

SEW Signature Facial	\$115
Age-Defying Facial	\$145
Bacial	\$115
Body Polish	\$115
Clarifying Facial	\$135
Dermaplaning Facial	\$105
Hydrfacial	\$199
Microchanneling (Procell)	\$399

*Ask our Estheticians about waxing & add-ons.
All facials are tailored to your skins needs.

3 Pk - Facial/Body Treatment	\$300
5 Pk - Facial/Body Treatment	\$475

Specialty Packages

3 Pk - Hydrfacial	\$450
5 Pk - Hydrfacial	\$625
3 Pk - Microchanneling	\$1,050
5 Pk - Microchanneling	\$1,625
3 Pk - Microchanneling + Hydrfacial Combo	\$1,450
5 Pk - Microchanneling + Hydrfacial Combo	\$2,175

*Receive 10% off any add-on with a package purchase.

Rescuing along the way
All purchases go towards helping FHF Ranch & Sanctuary care for forgotten, neglected, & abused animals.

Visit farmhousefreshgoods.com to check out their story and freshly grown skincare ingredients.