



# PORT SALT CAVE

THE CALMING AND DETOXIFYING EFFECTS OF SALT THERAPY MAY:

- ◆ IMPROVE SKIN AND RESPIRATORY CONDITIONS
- ◆ REDUCE STRESS AND INFLAMMATION
- ◆ BOOST IMMUNITY AND HEALING



- ◆ Services for Adults and Children
- ◆ Special Accommodations
- ◆ Private Events
- ◆ Contact us to answer any questions you may have!

## PRICE LIST

### HALOTHERAPY

1 Session	\$45
3 Sessions	\$125
5 Sessions	\$200
10 Sessions	\$350

Children 9-17	\$20
Students with ID	\$25
Seniors 65+	\$30

Family Hour Wed. 4pm & Sat. 11am: Children free w/parent (0-8 years)	\$45
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### MONTHLY MEMBERSHIP

4 sessions per month (recurring charge)	\$135
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### GROUP RATES

6 people	\$195
12 people (private)	\$350

### INFRARED SAUNA

1 Session	\$30
5 Sessions	\$120
10 Sessions	\$235

### HAND AND FOOT DETOX THERAPY

1 Session	\$25
5 Sessions	\$100
10 Sessions	\$175

### ALSO AVAILABLE:

- ◆ Special Rates
- ◆ Combination Packages
- ◆ Gift Certificates
- ◆ Private Cave  
(up to 12 people)

## BUSINESS HOURS:

Mon. Closed ◆ Tu. 11-7 ◆ Wed. 10-8; 4 pm Family Hour  
Th. 10-8 ◆ Fri. 10-7 ◆ Sat. 10-5; 11 am Family Hour ◆ Sun. 11-4

Inspiration Wharf, 403 Main Street #3  
Port Washington, NY 11050

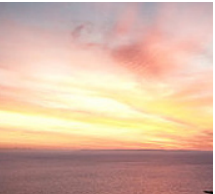
Tel: 516.439.4820

Relax@PortSaltCave.com ◆ www.PortSaltCave.com





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## The Benefits of Salt Therapy

Salt Therapy (also known as Halotherapy) has been shown to benefit adults and children. You may find relief from respiratory conditions and skin conditions, however anyone can enjoy the benefits of our salt cave. Salt Therapy has been shown to remove toxicity from the respiratory system. The inhalation of dry salt aerosol provided via a halogenerator provides relief in mucous build-up throughout the respiratory tract. In that sense salt simply softens mucous, and increases the efficiency of mucous ciliary cleaning of the respiratory system. This is how Halotherapy (also known as dry salt therapy) has shown to be effective.

“A natural disinfectant, salt is antimicrobial, and antibacterial. Salt comes in empty processed forms or healthier pure sea salt (Himalayan and Dead Sea salt) that contain 84 elements and trace elements found in the human body. Dry salt air is more powerful than moist air.”

—*Organic Spa Magazine*

“When it’s not ingested, there are so many ways in which salt is really beneficial to your health. As an alternative remedy, its **HEALING PROPERTIES** help **TREAT A VARIETY OF AILMENTS**, including colds, allergies, dermatitis, asthma and psoriasis.”

—**Dr. Oz**

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free on-site parking available

