

# THERAPEUTIC WELLNESS POD

The Therapeutic Wellness Pod brings together a number of elements that work to elevate your overall Spa experience. From vibrational therapy to healing infrared heat, mood enhancing colored lights and calming negative ions, the Wellness Pod provides a heightened level of relaxation to any Spa experience.



## VIBRATIONAL THERAPY

Vibrational Therapy will be offered while in the pod. Vibrational Therapy works gently to enhance blood flow, decrease stress, reduce muscle soreness and more.

## NEGATIVE IONS

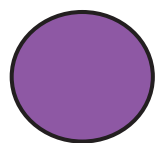
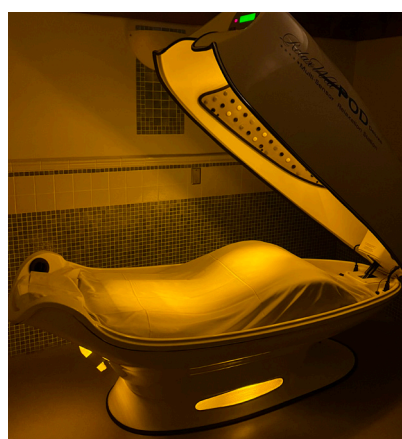
The pod produces negative ions which are excellent for the human body. They lower psychological stress, reduce anxiety and enhance overall wellbeing. The Wellness Pod creates a negative ion space using specially selected stones to bring these benefits into the treatment.

## HEALING INFRARED HEAT

While in the pod, infrared heat will be used to improve circulation, reduce muscle tension, boost immune systems, relieve pain and more.

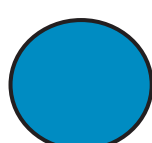
## MOOD ENHANCING COLOR LIGHTS

Various colors have been linked to carrying specific energies that focus on different chakras in the body. Color options offered in the Wellness Pod each provide a unique boost to help bring a positive focus to your experience.



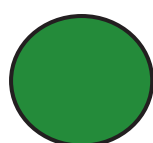
### PURPLE

Associated with the Crown Chakra, purple supports consciousness, knowledge, fulfillment and understanding.



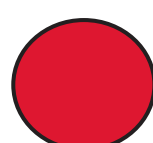
### BLUE

Associated with the Third Eye Chakra, blue fosters intuition, meditation and trust.



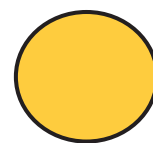
### GREEN

Associated with the Heart Chakra, green promotes compassion, sincerity and love.



### RED

Associated with the Root Chakra, red is energizing, and creates a feeling of stability and comfort.



### YELLOW

Associated with the Solar Plexus Chakra, yellow aids in the feeling of strength, power and determination.

## AROMATHERAPY

Aromatherapy plays a large part in setting the tone for your treatment. Choose from one of the three options to reach your treatment goal.

### RELAXING SUPPORT

Lavendar

### FRANKINCENSE

Sweet & Earthy

### SUPPORT BREATHE

Eucalyptus & Tea Tree

## WANT TO KNOW MORE?

Upon booking this treatment, ask your Spa Technician about the benefits this treatment provides. They are passionate about wellness and would love to answer any questions you may have!