

Menu of Services

SALT CAVE EXPERIENCE

\$40 for 45 minutes

Sessions start every hour, on the hour.

INFRARED SAUNA

\$40 for 30 mins / \$45 for 30 mins for 2

\$50 for 45 mins / \$55 for 45 mins for 2

Sweat away the toxins of the world.

MEDITATION ZEN DEN

\$25 for 15 mins ▪ \$35 for 30 mins

Relax in the massaging chair to the sounds of guided meditation.

HYDROMASSAGE

\$30 for 15 mins / \$50 for 15 mins for 2

\$50 for 30 mins / \$85 for 30 mins for 2

Relax in the massaging chair to the sounds of guided meditation.

THE COCOON EXPERIENCE

\$40 for 30 minutes

Vibroacoustic therapy

RED LIGHT THERAPY

\$40 for 40 minutes

Phototherapy for skin conditions, pain relief, and more

FLOAT THERAPY

\$75 for 60 minutes

\$99 for 90 minutes

\$125 for 120 minutes

LYMPHATIC COMPRESSION

\$40 for 30 minutes

SPA DAY PACKAGE

\$140

Includes 45 mins salt cave, 30 mins sauna, 30 mins zen den, 15 mins hydromassage, & 15 mins cocoon experience.

Please allow 3 hours for this package.



(803) 708-4196

1716 Main Street, Columbia, SC 29201

shvaasspa@gmail.com

shvaasspa.com



relax | recharge | refresh



Halotherapy

We invite you to relax and recharge in our nature inspired salt cave located right here in Columbia, SC. With tons of pure pink Himalayan salt, we have naturally recreated the microclimate of a natural salt mine. This is a relatively new concept for a spa in the United States. Halotherapy is a method used to help cleanse and detox the lungs as well as invigorate the entire body with increased lung capacity and oxygen intake. Healthy lungs and a clean respiratory system are essential for vitality, energy, and longevity. The health benefits can be extraordinary for some with allergies and sinus inflammation.

Infrared Saunas

An infrared sauna is a type of sauna that uses light to create heat. This type of sauna is sometimes called a far-infrared sauna—"far" describes where the infrared waves fall on the light spectrum. A traditional sauna uses heat to warm the air, which in turn warms your body.

Infrared heat is completely safe and healthy. You can be exposed to infrared light for hours without the risk of burning. Infrared is a naturally occurring output of the sun that does not contain the harmful UV rays associated with unprotected sunlight. Infrared heat is so safe, it is used in hospitals to warm newborn infants.

Health benefits include detox, relaxation, weight loss, heart health, pain relief, anti-aging, muscle recovery, and immunity.



Red Light Therapy

Red light therapy is a type of phototherapy that uses red light to treat skin conditions. It is also used for pain relief, wound healing, and other medical purposes. The red light therapy panel emits both visible red light (660nm) and non-visible near-infrared light (850nm) which provides various therapeutic health benefits which may include anti-aging, increased collagen production, relaxation, increased blood flow, reduced inflammation, enhanced muscle recovery, reduced joint and back pain.

PEMF Chakra Mat

This innovative holistic therapy mat provides the body with five therapy styles that promote a heightened state of general wellness to heal the body, mind, and spirit. This therapy mat helps to alleviate soreness, stiffness, inflammation, and discomfort by utilizing four integrated therapy styles.

The Cocoon Experience

The Cocoon Experience combines and synchronizes all of the inHarmony's vibroacoustic products with the BrainTap headset using specialized content integrating both bio-hack platforms. Tap into your Peak Potential to conquer life's demands, goals, and pressures with new levels of life-force energy. less anxiety and more unity. Raise your vibration! Envelope yourself in a cocoon of synchronized light, music, and frequency creating a deep effortless meditative state where regeneration, wellness, and happiness become a wellspring.



Float Therapy

Float therapy, also known as sensory deprivation therapy, offers a unique way to relax and rejuvenate. By floating in a specially designed tank filled with warm, buoyant water saturated with Epsom salt, you can experience deep relaxation and stress relief. This therapy is known to enhance mental clarity, reduce anxiety, and promote physical recovery.

Lymphatic Compression + VR

Experience the next level of lymphatic care with our innovative Lymphatic Compression Suit integrated with VR Meditation, which combines medical-grade compression technology with immersive virtual reality to enhance relaxation and healing. The suit is designed to improve lymphatic flow, reduce swelling, and provide unparalleled comfort.

HYDROMASSAGE

HydroMassage allows you to enjoy a rejuvenating massage every day. You will enjoy total relaxation while remaining fully clothed, dry, and comfortably supported as you are massaged by powerful waves of heated water. You are in complete control of your massage experience so you can target the areas where you need it most.

Meditation Zen Den

You can sit back and relax in our ancient Japanese-themed peaceful private sanctuary. With comfortable, zero gravity, massaging, leather chairs, you can further relax listening to the guided meditations for mental health & wellness.