



LAVANA SPA MODALITIES OVERVIEW

Resting Metabolic Rate (RMR) Diagnostic Test

Reveals the speed of your metabolism.

- Shows you how many calories you burn throughout the day, even without exercise or movement.
- It takes out the "guesswork". With this baseline number, you can create a better nutrition plan to reach your goals - whether it's weight loss, maintenance or muscle gain.
- Can be submitted for insurance reimbursement.
- #SA and FSA eligible.

Fit3D Body Scan

Fit3D body scan maps the surface of your body and reflects changes and measurements to an extremely precise unit. A Fit3D body scan can help you better understand your body by providing insight on:

- Body circumference
- Body composition
- Comparative data
- Fat mass
- Lean mass
- Measurements over time
- Wellness metrics



Ballancer Pro

The Ballancer® Pro is lymphatic massage machine that works to support the lymphatic system.

- The collective benefits of utilizing the Ballancer Pro system include:
 - Full lymphatic detox
 - Improved skin – both in tone and elasticity
 - Reduced bloating
 - A strengthened immune system
 - Balanced circulation
 - Expedited muscle recovery
 - Improved mineral absorption
 - Reduced cellulite
 - More even skin texture
 - Normalized metabolism
- FDA Approved – ONLY Ballancer in the State of MT.
- HSA and FSA eligible.

HaloStar

Known as the “toothbrush of the lungs”.

- Dry salt therapy acts to cleanse the respiratory system and the skin, which helps to relieve congestion, inflammation, and skin conditions.
- Salt therapy can help relieve the symptoms of skin, respiratory and lifestyle conditions, including:
 - Asthma
 - Eczema & Psoriasis
 - Hay Fever
 - Sinusitis
 - Cold & Flu
 - Sleep & Snoring
 - Stress, Anxiety & Fatigue



Sanctuary Sauna

Near, mid and far infrared waves penetrate into your body and activate the sweat glands.

- Eliminates toxins from your body
- Relieves muscle tension
- Reduces soreness
- Burn calories!

Medical Breakthrough Massage

Designed by doctors, the Medical Breakthrough 7 was designed to help heal your body, mind and soul. Our Medical Breakthrough Massage Chairs have:

- Zero Gravity Sleep System™
- Full Body Scan - Smart Full Body Medical Scan™
- Head to Toe Back Massage System™
- 4D Massage - True 4D Deep Tissue Massage System™
- Lower Back Massage - Intense Lower Back Rollers
- Engulfed Arm Massage System™
- Quiet Massage
- Adjustable Leg Extensions
- Full Body Stretch

Biomax Light Therapy

Known as the most effective and powerful light therapy solution on the consumer market!

- It helps rejuvenate facial skin and smooths skin tone.
- Builds collagen in the skin to reduce wrinkles.
- It helps to repair sun damage.
- Red light activates the lymphatic system for potentially improved detoxification.
- Decreases inflammation in the skin.



- Helps fade scars and stretch marks.
- Improves hair growth to reverse balding.
- Stimulates slow healing wounds.
- Can prevent recurring cold sores, or herpes simplex.
- Helpful in the short term for carpal tunnel syndrome.
- Beneficial for skin to reduce eczema, rosacea, and acne.
- FDA Approved Medical II Device
- HSA and FSA eligible.

Sperti Vitamin D Sunlamp

Sperti Vitamin D Lamp - the only sunlamp to get Vitamin D from UV light the natural way!

- Provides you with vitamin D during the winter season
- Boosts vitamin D deficiency
- Great for those who have problems using oral supplements
- Improves sleep in people struggling with insomnia. Helps regulate melatonin, allowing the body to control the sleep-wake cycle.
- Helps ward off seasonal depression by regulating the serotonin which relays signals to the brain and enhances your mood.
- Helps boost vitamin D facilitating the absorption of calcium in the body, promoting healthy bone growth and reducing the risk of related health conditions such as rickets.
- Helps modulate the immune system, regulate gene and cell growth, prevent frequent infections, and promote fast wound healing
- Only FDA Approved sunlamp
- HSA and FSA eligible.



Relax VR

Relax VR will transport you on a "VR Vacation" catering to three of your five senses - sight (visual scenery), sound (music) and smell (essential oil scents).

Cave Relaxation Area (Salt "Sand" Box)

- Exfoliation. Not only does it physically slough off dead skin cells, but the salt itself leaves skin feeling super soft and smooth.
- Salt absorbs dirt and toxins on top of having natural antibacterial properties. Give your skin a refined and purified feel.
- The minerals in salt can help maintain the skin's natural barrier, which can support hydration and keep out irritants.
- Soothe sensitive and upset skin.