



Spa Menu

The Cave Relaxation Area*

\$14

Need a moment to "get-away"? Come relax in our cozy cave-like environment that's perfect for unwinding and disconnecting. Choose the modality of your choice - place your feet on one of our natural Himalayan salt domes, stretch out on one of our yoga loungers, or relax atop a bed of sand-like Himalayan salt. There are multiple seats available so bring a friend... or two!

60-minute sessions. Appointments are required. In efforts to maintain the purity and cleanliness of the salt, please be prepared to remove your shoes.

The Ballancer Pro – Lymphatic System*

\$69

Enjoy a relaxing 24 chamber massage, while you remove toxins, reduce cellulite, reshape your body, recover faster, boost your immune system, loose inches and weight, tighten your skin, enhance your metabolism, improve your lymphatic system, tone your body with the Ballancer Pro. You can see results in just one visit!

40-60 Minute Sessions are dependent upon goals. Appointments are required.

The HaloStar - Halotherapy *

See below

Enjoy a session in our HaloStar. The natural antibacterial properties of the salt particles dispersed into the HaloStar stimulates the body's internal process for cleansing the respiratory system, removing build-up of foreign particles that cause various respiratory ailments and strengthens respiratory function. In addition, the micro-particles of salt influence the skin's protective layer providing healing and cosmetic benefits by increasing skin cell activity.

20-minute session. Appointments are required.

- Private Session \$19
- With Guest Session \$24
- With 2 Guest Session \$29

***Earn Points with Individual Session Purchased!**

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The Sanctuary Sauna*

See below

Come sit in our sanctuary sauna while the near, mid and far infrared waves penetrate into your body and activate the sweat glands, to eliminate toxins from your body, relieve muscle tension, reduce soreness, and burn calories! According to the Journal of the American Medical Association, regular use of a sauna imparts a similar boost on the cardiovascular system as running.

45-minute session. Appointments are required.

- Private Session \$19
- With Guest Session \$24

Medical Breakthrough Massage Chair*

See below

Immerse yourself into Lavana's Medical Breakthrough 7 massage chair. When you combine the 6 hand massages performed by the 100+ air cell system, and the Foot & Hand Reflexology Massage Systems™, you will feel like your body has been massaged in more ways than you could possibly imagine...and it really has. You will be completely renewed.

Appointments are required.

- 20-Minute Session \$19
- 30-Minute Session \$29
- 60-Minute Session \$49

Biomax – Red/Blue Light Therapy*

\$19

Visit the Biomax 10 times and get your 11th free! Visit the Biomax 10 times and get your 11th free! Eliminate fat cells, repair sun damage, build collagen, decrease inflammation, reduce acne and scarring, suppress hunger hormones, and much more with our Biomax Red Light Therapy (Class 2 Medical Device).

20-minute session. Appointments are required.

***Earn Points with Individual Session Purchased!**

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Resting Metabolic Rate (RMR)

\$69

Our bodies are unique; so are our caloric needs! Take out the guesswork and schedule a simple non-invasive RMR test. The RMR results can accurately pinpoint how many calories you need to consume to meet your weight loss and fitness goals. *To ensure test accuracy, prior to your appointment do not: eat, consume any stimulants (coffee), or exercise. We try to be flexible with these tests, so please email us to request an earlier appointment if desired.

20-30 minute session. Appointments are required.

Fit3D Body Scan

\$49

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 and wellness metrics.

20-minute session. Appointments are required.

Sperti Vitamin D Sunlamp

\$9

Relax in your private room with our FDA approved Sperti Vitamin D Lamp - the only sunlamp to get Vitamin D from UV light the natural way! The Sperti Vitamin D Lamp is an ultraviolet product for Vitamin D production in the human body, and independent studies have verified it's effectiveness. The portable Vitamin D Lamp is a convenient way to get Vitamin D quickly and naturally.

1-5 minute session. Appointments are required.

Virtual Reality (VR) Vacation (Add-on)

\$14

Virtual Reality (VR), meditation, aromatherapy & binaural beats combine to provide a deeply immersive relaxation experience. Relax VR will transport you on a "VR Vacation" catering to

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three of your five senses - sight (visual scenery), sound (music) and smell (essential oil scents).

Appointments are required.

New to Lavana?

The 'Sample Platter'

\$129

\$205 Value! New to Lavana and not sure which modalities are for you? Take advantage of our best deal of the year - our Opening Special 'Touch of Lavana'. With this package you receive 1 - Cave Relaxation Area, 1 - Biomax Red/Blue Light, 1 - Ballancer Pro, 1 - 45-minute Sanctuary Sauna, 1 - HaloStar Halotherapy, and 1 - 60-minute Medical Breakthrough massage chair session.

Appointments are required. These package sessions do not expire and cannot be shared.

"Spa Day" Packages

Build Your Spa Day

\$Contact Us

Book your discounted spa day! Tell us how you want to spend your day and we will build it!

Private Events

Host a Private Event

\$Contact Us

Book your discounted private event! Tell us how you would like it to be structured and we will build it!

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Bundles Designed for 2

'Some Like it Hot' Massage Bundle for 2

\$110

Bundle and Save! You and your special guest begin by heating up your muscles in our Sanctuary Sauna and then immerse yourselves into Lavana's Medical Breakthrough 7 massage chairs for 60-minutes. When you combine the 6 hand massages performed by the 100+ air cell system, and the Foot & Hand Reflexology Massage Systems™, you will feel like your body has been massaged in more ways than you could possibly imagine...and it really has. You both will leave completely renewed.

Appointments are required. These package sessions do not expire.

Relax Massage Bundle for 2

\$90

Bundle and Save! You and your special guest immerse yourselves into Lavana's Medical Breakthrough 7 massage chairs for 60-minutes. When you combine the 6 hand massages performed by the 100+ air cell system, and the Foot & Hand Reflexology Massage Systems™, you will feel like your body has been massaged in more ways than you could possibly imagine...and it really has. You both will leave completely renewed.

Appointments are required. These package sessions do not expire.

Rest and Recovery Bundle

The Rest Day

\$69

Bundle and Save! With our Rest Day Bundle, you get 1 60-minute MB Massage Chair session, 1 30-minute Sanctuary Sauna session, and 1 Biomax Red Light Therapy session.

Appointments are required. These package sessions do not expire and cannot be shared.

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Wellness Packages

Allergies

Halotherapy Allergy Buster

\$119

\$228 Value! Are seasonal allergies getting you down? Halotherapy helps alleviate symptoms of chronic allergies. Although you may feel some improvement in just one session, it is strongly recommended you complete 12-25 sessions over the course of 4-8 weeks. You get 12 20-minute sessions in this package.

Appointments are required. These package sessions do not expire and cannot be shared.

Detoxification

Salted Detox

\$159

\$366 Value! With our Salted Detox Package, you get 5 HaloTherapy sessions and 5 30-minute Sanctuary Sauna sessions (private or you can share with a guest of your choice). You also get 2 private Ballancer Pro and Biomax Red Light Therapy sessions. The Ballancer is HSA and FSA eligible.

Appointments are required. These package sessions do not expire and cannot be shared.

Ballancer Pro - Lymphatic Renewal

\$399

\$828 Value! Although results can be seen immediately, the best results are achieved after a series of 12 sessions over the course of 3-4 weeks. Get 12 sessions with the Ballancer Pro. We recommend the 12 sessions booked 3 times a week for a month; however, you can adjust the frequency as you like. The Ballancer is HSA and FSA eligible.

Appointments are required. These package sessions do not expire and cannot be shared.

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Glowing Skin

Biomax Skin Glow

\$149

Over \$500 in savings! We WANT you to see serious results, so we have created a package with 15 sessions to enable you to visit the BIOMAX as recommended - three to five times per week for 10 to 20 minutes.

20-minute session. Appointments are required. These package sessions cannot be shared.

Wellness Diagnostics

Resting Metabolic Rate (RMR)

\$207

Buy 3 Get 1 Free! Stay on track all year long as your body changes! Purchase 3 RMR sessions and get 1 on us!

Appointments are required. These package sessions do not expire and cannot be shared.

Beast Mode Package

\$99

Bundle and Save! Combine the power of the RMR and Fit3D Body Scan. Get 1 RMR test and 1 Fit3D Body Scan.

Appointments are required. These package sessions do not expire and cannot be shared.

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Aesthetic Packages

Slim and Smooth – Weight Loss Fast Track

\$229

Over \$350 in Savings! Reduce inches, lose water weight, reduce bloating and reduce the appearance of cellulite with the Ballancer Pro. Get 7 sessions with this package and get ready to throw on that bathing suit with confidence. Daily sessions are recommended but not required. The Ballancer is HSA and FSA eligible.

Appointments are required. These package sessions do not expire and cannot be shared.

"Red Carpet" - Special Event Prep

\$319

Over \$350 in Savings! Have a special occasion? We have you covered. Get 7 sessions with the Ballancer, 7 Sanctuary Sauna sessions, and 7 Biomax Red Light Therapy sessions and prepare to turn some heads. We recommend the 7 sessions are booked daily leading up to your special event; however, you can use them whenever you would like. The Ballancer is HSA and FSA eligible.

Appointments are required. These package sessions do not expire and cannot be shared.

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Memberships

Your Way Membership

\$49/Month

50% discount. Your Way Members have unlimited monthly access to the Cave Relaxation Area during business hours by appointment. Includes access to 50% off all modality sessions booked during the month of membership.

Appointments are required. A credit card is required to be kept on file for monthly renewal, 7-day cancellation notice required. Does not include esthetician, product or diagnostic services. Sessions do not roll over and cannot be shared.

Your Way Membership

\$124.95/3-Months

Receive additional 15% off for booking in 3-month increments! Your Way Members have unlimited monthly access to the Cave Relaxation Area during business hours by appointment. Includes access to 50% off all modality sessions booked during the month of membership.

Appointments are required. A credit card is required to be kept on file for monthly renewal, 7-day cancellation notice required. Does not include esthetician, product or diagnostic services. Sessions do not roll over and cannot be shared.

Relax Membership

\$99/Month

Over 50% discount. Relax Members have unlimited monthly access to the Cave Relaxation Area during business hours by appointment. Includes 4 60-minute Medical Breakthrough Massage Chair sessions and 4 Sanctuary Sauna sessions.

Appointments are required. A credit card is required to be kept on file for monthly renewal, 7-day cancellation notice required. Sessions do not roll over and cannot be shared.

Relax Membership

\$252.45/3-Months

Receive additional 15% off for booking in 3-month increments! Relax Members have unlimited monthly access to the Cave Relaxation Area during business hours by appointment. Includes 12 60-minute Medical Breakthrough Massage Chair sessions and 12 Sanctuary Sauna sessions.

Appointments are required. A credit card is required to be kept on file for quarterly renewal, 7-day cancellation notice required. Sessions do not roll over and cannot be shared.

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Salted Retreat Membership

\$79/Month

Over 50% discount. Salted Retreat Members have unlimited monthly access to the Cave Relaxation Area during business hours by appointment. Includes 6 HaloStar and 6 Sanctuary Sauna sessions per month.

Appointments are required. A credit card is required to be kept on file for monthly renewal, 7-day cancellation notice required. Sessions do not roll over and cannot be shared.

Salted Retreat Membership

\$201.45/3-Months

Receive additional 15% off for booking in 3-month increments! Salted Retreat Members have unlimited monthly access to the Cave Relaxation Area during business hours by appointment. Includes 18 HaloStar and 18 Sanctuary Sauna sessions per quarter.

Appointments are required. A credit card is required to be kept on file for quarterly renewal, 7-day cancellation notice required. Sessions do not roll over and cannot be shared.

Wellness Membership

\$249/Month

Over 50% discount. Wellness Members have unlimited monthly access to the Cave Relaxation Area during business hours by appointment. Includes 4 HaloStar, 4 Sanctuary Sauna, 4 60-minute MB massage, 2 Ballancer Pro, and 4 Biomax Red Light Therapy sessions per month.

Appointments are required. A credit card is required to be kept on file for monthly renewal, 7-day cancellation notice required. Sessions do not roll over and cannot be shared.

Wellness Membership

\$634.95/3-Months

Receive additional 15% off for booking in 3-month increments! Wellness Members have unlimited monthly access to the Cave Relaxation Area during business hours by appointment. Includes 12 HaloStar, 12 Sanctuary Sauna, 12 60-minute MB massage, 6 Ballancer Pro, and 12 Biomax Red Light Therapy sessions per quarter.

Appointments are required. A credit card is required to be kept on file for quarterly renewal, 7-day cancellation notice required. Sessions do not roll over and cannot be shared.

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Signature Membership

\$498/Month

Over 60% discount. Do what you want, when you want. Signature Members have unlimited monthly access to the Cave Relaxation Area and one each daily of the Sanctuary Sauna, HaloStar, MB Massage, and Biomax Red Light Therapy sessions. Also includes 6 Ballancer Pro sessions.

Appointments are required. A credit card is required to be kept on file for monthly renewal, 7-day cancellation notice required. Sessions do not roll over and cannot be shared.

Signature Membership

\$1,269.90/3-Months

Receive additional 15% off for booking in 3-month increments! Do what you want, when you want. Signature Members have unlimited monthly access to the Cave Relaxation Area and one each daily of the Sanctuary Sauna, HaloStar, MB Massage, and Biomax Red Light Therapy sessions. Also includes 18 Ballancer Pro sessions.

Appointments are required. A credit card is required to be kept on file for quarterly renewal, 7-day cancellation notice required. Sessions do not roll over and cannot be shared.

**Earn Points with Individual Session Purchased!*

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