

Salt Cave

About

Welcome to Rise and Shine Wellness Center, your sanctuary for holistic well-being. Specializing in wellness sessions, we proudly feature our unique salt cave experience. This natural haven is designed to increase serotonin levels, promoting mental well-being and relaxation. Additionally, our salt cave sessions supports easier breathing, making it highly beneficial for conditions such as coughs, bronchitis, and asthma. Come discover a path to optimal health and elevated serenity at Rise and Shine Wellness Center.



Rise & Shine
Wellness Center

Salt Cave

Improvement experience:

Contraindications

- Infections associated with a fever
- Contagious diseases
- Respiratory system cancers
- Tuberculosis
- Cardiac patients
- Acute respiratory disease
- Severe hypertension
- Chronic obstructive lung diseases

- Asthma
- Bronchitis
- Cough/ cold
- Covid Long
- COPD
- and other respiratory conditions

We care

3731 Rainbow Drive Rainbow Dr. 35906
256.390.4877



riseandshinewellness.care

SALT CAVE Session

BENEFITS



- ✔ Strengthens the immune system
- ✔ Supports the nervous system
- ✔ Improves general health
- ✔ Anti-viral/fungal/bacterial
- ✔ Cures cold/flu



- ✔ Supports the respiratory system
- ✔ Allergy
- ✔ Asthma
- ✔ COPD



- ✔ Beautifies the skin
- ✔ Psoriasis
- ✔ Acne
- ✔ Eczema
- ✔ Detoxing
- ✔ Cellulite



- ✔ Ionizes cells
- ✔ Speeds up metabolism
- ✔ Reduces inflammation



- ✔ Comforts muscles
- ✔ Accelerates recovery from sport injuries



- ✔ Reduces stress
- ✔ Treats depression
- ✔ Better sleeping patterns
- ✔ Eases jet lag



Sessions

| Session | Price | Duration |
|-----------|-------|------------|
| Salt Cave | \$30 | 30 minutes |
| | | |
| | | |

Life Changing Technology

The Salt Cave is designed to deliver effect beneficial sessions. while sitting in the enclosed Cave you will take deep breaths and inhale the purified salt.

FDA Disclaimer: The statements made regarding this products have not been evaluated by the Food and Drug Administration. The efficacy of these products has not been confirmed by FDA-approved research. These products are not intended to diagnose, treat, cure or prevent any disease.

Choose Us



of the time



What is our satisfaction rate?
let us know.

Why us?

Rise and Shine promotes whole body wellness. With our knowledgeable staff and advanced technology you will find your total well-being headed in the right direction. Come, meet the staff of Rise and Shine Wellness Center today