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.

Contraidications

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



Improvement experience:

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



Salt Cave



We care

3731 Rainbow Drive Rainbow Dr. 35906 256.390.4877





SALT CAVE

Session



Sessions

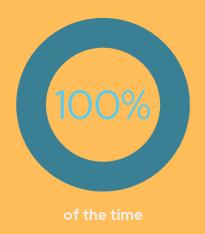
Session	Price	Duration
Salt Cave	\$30	30 minutes

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





What is our satisfaction rate?

Why us?

Rise and Shine promots 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