

Reflections of HOPE

HEALTH, HEALING & WELLNESS

at Lotus Yoga Center



SALT ROOM

60MIN/\$30

Salt rooms can improve overall respiratory health. Whether you suffer from allergies, asthma, bronchitis, COPD, or sinus issues. come on in and breathe.

MINI SALT ROOM

45MIN/\$25

30MIN/\$20

For those who are pressed for time. Great for treatments during lunch hour, or on the go.

SALTY FAMILY

60MIN/\$75

Breathing in negative ions are great for the entire family. bring up to 4 people to benefit from the salt air.

SALTY PACKAGE SAVINGS

5-60MIN/\$125

5-45MIN/\$100

5-30MIN/\$75

These are custom packages that offer savings. The sessions expire one year from date purchased.

SALTY CHAKRA

60MIN/\$45

When your chakras are all balanced you experience healing. The energy will flow through your body keeping your physical, emotional and mental health at its fullest potential.

MINI CHAKRA

30MIN/\$30

A mini version of the above. This is great for a tune up, or if you are just interested in knowing what it is all about.

GOOD GRIEF

\$45

I offer a safe non judgement atmosphere where you can share your loved one. We discuss ways to honor, celebrate and live. This all takes place in a salty atmosphere to aid in healing.

MONTHLY PACKAGES

4/\$125

choose from our good grief or salty chakra for a monthly wellness.

margaretsreflectionsofhope.com

BY APPOINTMENT ONLY (732) 610-8771