

7 Senses Sauna



SIGHT



HEARING



SMELL



TASTE



FEEL



BALANCE



MOTION

[Deep Heat Therapy - FAR-Spectrum Infrared](#)

[Dry Salt Therapy - Halotherapy](#)

[Colored Light Therapy - Medical Grade Chromotherapy](#)

[Smells of Essential Oils - Aromatherapy](#)

[Meditation Therapy - KSara - Guided Meditation](#)

[Audio Therapy - Bluetooth Ready](#)

[Balance/Ear Therapy - Vestibular Therapy](#)

[Motion Therapy - ADA Compliant Size, Proprioception Therapy](#)

[Salt Treatment Protocols](#)

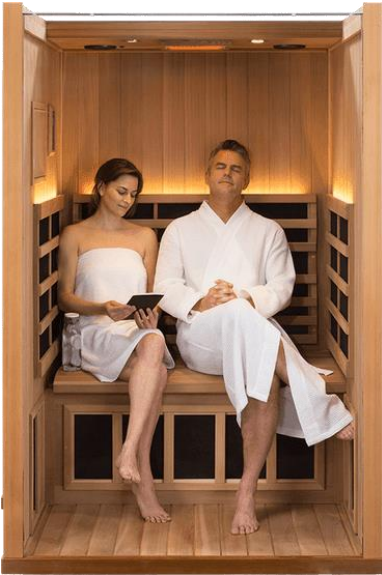
[Salt Treatment Side Effects/Contraindications](#)

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FAR-Spectrum Infrared Sauna Treatments



FEEL

Our FAR-Spectrum Infrared Saunas are more effective at stimulating health benefits and gentler on the body than traditional hot rock saunas and steam rooms. You'll get a deep, cellular sweat that has youthful benefits for your skin and is energizing to your body. You'll FEEL the difference with infrared heat!

What is an Infrared Sauna? Infrared light (experienced as heat) is part of the invisible part of the sun's spectrum which penetrates our skin to

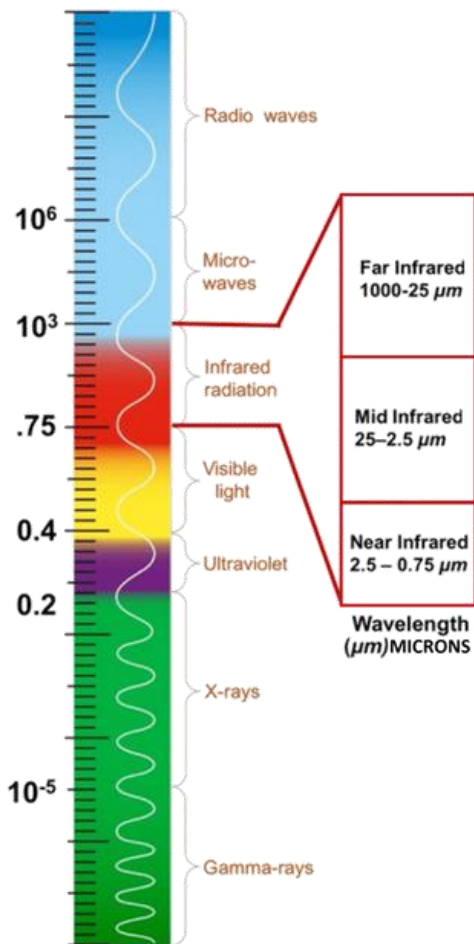
produce a host of health benefits. It is naturally occurring from the sun and is the basis for the technology in infrared saunas. Sauna therapy has been known for centuries to help alleviate harmful stress while providing a healthier stress. The FAR-spectrum infrared saunas go even further by heating your body's core at a cellular level. The penetration of infrared produces a host of anti-aging health benefits and has made infrared saunas a vital therapy for next-level healthier living. FAR-Spectrum Infrared Saunas heat the body deeply rather than simply warming the air. Each spectrum provides significant benefits in key areas of cellular health and induces much more metabolic activity and sweat than traditional steam sauna. Better complexion, tone, texture, elasticity are just some health benefits for your skin. But it doesn't stop there.

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What are Infrared Wavelengths?



The sun produces a combination of visible and invisible light. One of those invisible spectrums is infrared rays. Invisible infrared wavelengths are what makes the sun feel warm. Scientists have established that infrared waves are beneficial to the human body as they increase the thermal energy in the body. Infrared does this without any of the harmful rays. There are three main categories of the infrared spectrum: far, mid, and near infrared.

Far Infrared is the closest of the wavelengths to the infrared heat given off by our own body. Far infrared is readily captured by the water molecules in the body, contact releases energy. Since far infrared wavelengths feel natural to us, we feel as if our own energy is heightened.

Mid Infrared wavelengths are captured by water molecules while temporarily increasing circulation through the dilatation of blood vessels, promoting temporary increase in blood flow, and temporarily elevating heart rate and overall metabolism.

Near Infrared is not captured by water in the body, penetrating the deepest to increase your core thermal energy. Near infrared stimulates Adenosine triphosphate (ATP), the energy-carrying molecules in every living thing. Animal and human ATP usually get chemical energy from the breakdown of food.

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Health Benefits of Infrared Sauna Treatments:

Detoxification The liver and kidneys perform most of our body's detoxification. However, when those systems are overwhelmed, sweating pitches in above and beyond its function as the body's cooling system.



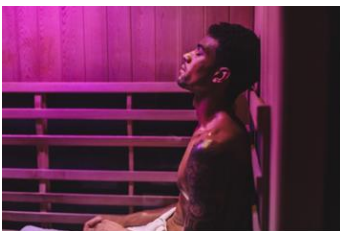
So How Does Sweating Help?

- Increased blood circulation - promote liver and lymph node activity.
- Replenishing fluids after sweating - promotes kidney function.
- Stress relief - though the heat and sweating are mild stressors to the body, if we intend and experience a relaxing calm, we are lowering the stress hormone cortisol. With less cortisol coursing through our blood there's more room for toxins to get expelled.
- Sweat contains metals and other toxins not only from our blood plasma, but from our skin. If our environment coats us with toxins - sweating before and after a shower may be more beneficial than just a shower at ridding the surface and lower dermal layers of toxins.

Arsenic, cadmium, lead, and mercury may be excreted in appreciable quantities through the skin, and rates of excretion may match or even exceed urinary excretion in a 24-hour period. This is of particular interest should renal compromise limit urinary excretion of toxic elements. It has been noted that among people whose health is compromised by toxicants, heat regulatory mechanisms of the autonomic nervous system are often affected, resulting in a failure to sweat readily.

In these cases, along with diet and nutritional supplementation to remediate biochemical imbalances, interventions to consider include brushing the skin, niacin (a B vitamin) to assist with vasodilation, and exercise prior to sauna use.

Clinical experience is that with persistence and ample hydration patients do eventually start to sweat. This is often a sign that the autonomic nervous system function is beginning to improve. With enhanced ability to sweat, detoxification is facilitated, which can ultimately result in clinical improvement.



Arsenic, Cadmium, Lead, and Mercury in Sweat: A Systematic Review: ncbi.nlm.nih.gov/
Blood, urine, and sweat (BUS) study: monitoring and elimination of bioaccumulated toxic elements: pubmed.ncbi.nlm.nih.gov

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Health Benefits of Infrared Sauna Treatments:

Improved Immune System: Skin is a physical barrier that prevent microbes from reaching potential sites of infection. Sweating not only helps keep us cool and our skin protected through hydration, it also helps our skin's microbiome maintain homeostasis. Sweat glands produce and excrete antimicrobial peptides for defense against skin infection.



Relaxation: Long-term stress is the cause of countless negative physiological effects on the body. Infrared sauna technology delivers therapeutic heat so you can be enveloped in soothing warmth to relieve stress, ease your muscles, and help you fully relax.

Lower Blood Pressure: High blood pressure increases your risk of getting heart disease, kidney disease or even having a stroke. Infrared sauna therapy dilates blood vessels and reduces the volume of their inner lining, increasing circulation to promote healthy blood pressure.

Improved Circulation: Heating muscles with infrared rays (especially mid-range) produces an increase in blood flow similar to exercise. Regular HaloIR™ sauna use can stimulate blood flow up to twice the normal rate.

Skin Purification: Restore skin's youthful appearance with the help of near-infrared sauna therapy. Clients have experienced a reduction in wrinkles, crow's feet, as well as improved skin tone, softness, smoothness, elasticity, clarity, and firmness.

Weight Loss: Infrared heat helps you burn calories. Our HaloIR™ saunas are clinically shown to aid in weight loss and lower waist circumference in three-month of regular use.

Pain Relief: Infrared heat works by penetrating joints, muscles, and tissues, increasing circulation and speeding oxygen flow. Near-infrared heat therapy has been shown to help the production of white blood cells which alleviates swelling and inflammation from infections (viral and bacterial), and trauma. These are key factors in easing bodily pain. Imagine using less or no pain medication because you're giving your body better conditions and resources to improve and heal.



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Halotherapy - Taste, Inhale, and Feel the Dry Salty Air



What is Dry Salt Therapy (Halotherapy)?

Halotherapy is a dry salt therapy that utilizes a halogenerator to grind and crush salt into micronized particles that are dispersed into the air of the salt booth to aid respiratory concerns and skin conditions.



TASTE

What Happens During a Salt Session? Sessions are non-

invasive. You can sit and meditate in the salt booth. You

can read, relax, rest, listen to music, and dim the lights. You should find relaxation and tranquility, a wellness respite from your everyday stress. You may leave rejuvenated and energized.

The salt, 99.99% Pure Grade Sodium Chloride, is heated and crushed into tiny and dry microparticles. These microparticles are dispersed into the booth where they are inhaled, penetrating deep into the lungs. Salt particles are also absorbed by the skin.

When your session is over, you may notice a trace of salt on your lips, and a taste of salt on your tongue. Any salt on your clothing can be easily brushed off. A runny nose or an increase in coughing means your body is clearing out mucus and toxins.

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Who Benefits from Dry Salt Therapy? Halotherapy benefits adults and children alike, as well as athletes and animals. It is natural and safe and there are no side effects. According to the Salt Therapy Association (STA), many people who undergo halotherapy as a regular complementary treatment find relief from a variety of ear, sinus, and respiratory conditions such as:



TASTE

- Asthma
- COPD
- Emphysema
- Cystic Fibrosis
- Sinus Infections
- Chronic Bronchitis
- Coughs, Colds & Flu
- Allergies/Hay Fever
- Ear Infections
- Snoring & Sleeping Problems



Dry Salt Therapy is also extremely beneficial to your skin in treating:

- Acne
- Psoriasis
- Eczema



In addition, dry salt therapy has been shown to reduce:

- Stress
- Anxiety
- Fatigue

How Does Halotherapy/Dry Salt Therapy Work?

3 FUNDAMENTALS OF DRY SALT THERAPY



Super Absorbent: Dry salt acts like a sponge attracting foreign substances. It cleans the respiratory system and skin by absorbing the build-up of foreign elements. These elements are then coughed up or naturally expelled by the body.



Anti-Inflammatory: Inhaled dry salt particles may help to reduce inflammation and widen airway passages. A clean respiratory system results in better oxygen intake, increased energy, and an improved immune system.



Anti-Bacterial: Dry salt particles act as an anti-bacterial agent, dissolving bacteria and countless pollutants throughout the respiratory tract and skin. Again, these are then either coughed up or expelled by the body.

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Medical Grade Chromotherapy (Light) Benefits



SIGHT



Red - Activates the circulatory and nervous systems.

Strong Pink - Acts as a cleanser, strengthening the veins & arteries.

Pink - Activates and eliminates impurities from the blood stream.

Orange - Energized and eliminates localized fat. Helps address asthma and bronchitis.

Strong Yellow - Strengthens the body and acts on internal tissues.

Yellow - Reactivates and purifies the skin. Helps with indigestion and bodily stress.

Green - Acts as a relaxant.

Strong Green - Provides anti-infectious, anti-septic, and regenerative stimulation.

Strong Blue - Lubricates joints. Helps address infections, stress, and nervous tension.

Blue - Stimulates muscle, skin cells, nerves, and the circulatory system.

Indigo - Helps address eye inflammation, cataracts, glaucoma, and ocular fatigue.

Violet - Relaxes the nerves and lymphatic system. Addresses inflammation and urinary illness.

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KSara Guided Meditation, Bluetooth Audio, Singing, Humming, or Silence



HEARING



■ KSara Guided Meditation

KSara, the Sanskrit word for Salt or Melt Away, is a powerful combination of guided meditation and halotherapy, two ancient therapies now coming together as one.

The synergy of multiple therapies in each session has shown to combine the wellness results! Our KSara Meditation sessions also help teach our clients how meditate on their own.

Guided meditations are delivered via the speakers in the booths, which also interface with other blue-tooth devices.

- Bluetooth Audio - bring your own selection
- Breathe in Sing Out - Vocal Meditation
- Humming is an excellent combination with the Dry Salt Breathing Therapy
- Quiet the mind ant the soul will speak

Ear issues see: [TASTE \(Dry Salt\)](#), [BALANCE \(Vestibular/Inner Ear\)](#), and [FEEL \(Infrared Heat\)](#).

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Aromatherapy - The Powerful Benefits of Essential Oils



SMELL

Peppermint



- Complex oil used as **herb, flavoring**, and more for **1000s of years**
- Used as **oral rinse**
- Versatile with strong **antibacterial capabilities**
- Strong **well-rounded** antibacterial capabilities



Palma Rosa

- Not a rose but a grass with **restorative properties**
- Used for **digestive issues**
- Powerful **antiviral and antibacterial** agent
- Excellent for **reducing fevers**

Tea Tree



- Historically used as **curative** and for **wound treatment**
- Used in **skin treatment, cosmetics**, and special **recipes for health**
- May be effective as **wound therapy** against antibiotic-resistant pathogens like **MRSA**
- **Powerful antibacterial**



Orange

- Helps improve the quality of the **immune system**
- Helps regulate **inflammation**
- Can be used to **regulate digestion**
- Great care for **skin blemishes** when used topically
- **Powerful antibacterial**

Lavender



- Long history of **versatile treatment for many conditions**
- **Reduces emotional stress**
- **Improves sleep**
- Helps us **look younger**
- Has **antioxidant, antimicrobial, and antibacterial** properties



Lemongrass

- Traditionally used to treat **muscle pain**
- Helps produce relaxation and **soothe stress**
- May be curative for **headaches**
- Has **powerful antibacterial** possibilities

Eucalyptus



- Known for its **respiratory benefits**
- Powerful scent **invigorates the body**
- Is both an **antibacterial and antifungal agent**



Geranium

- Regulates **hormones**
- Treats **acne**
- Its calming effect is used for **anxiety and depression**
- Combats both **bacteria and fungi**

Oregano



- Used in early civilizations to **prevent food spoilage**
- Likely **antifungal and antibacterial agent**



Citronella

- **Potent** essential oil
- Positive effect **against free radicals**
- **Relieves respiratory** infections and inflammation
- **Antibacterial and antifungal** properties

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Our ADA compliant sauna is more than wheelchair access!
There is space to practice your sense of BALANCE.



BALANCE



Balance therapy is also called vestibular therapy. Vestibular disorders refer to problems of the inner ear and the sense of balance which is controlled by the inner ear. Balance therapy is applied to improve the primary problems caused by the vestibular disorders, such as dizziness, vertigo, gaze instability, falls, and imbalance. It is also applied to related secondary disorders, such as fatigue, nausea, vomiting, and inability to concentrate.

These problems can affect the day-to-day functioning of those suffering from it, which in turn can lead to emotional distress, depression, and anxiety. It also pushes patients towards a sedentary lifestyle for fear of aggravating the vestibular disorders upon making more movements.

Balance therapy is used to treat these problems and is primarily an exercise-based physical therapy program. With the 7 Senses Sauna, clients have the added benefits of [Dry Salt](#) (which helps cleanse the inner ear), [Infrared Heat](#) (which helps sweat out toxins and generate energy on the cellular level), etc.

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Our ADA compliant sauna is more than wheelchair access!
There is space to practice your sense of MOTION.



MOTION



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Treatment Sessions

Reference & Resource Guide

How long is a typical session?



Depending on the client's needs, sessions can last 10 to 45 minutes.

How should I dress?



Loose, comfortable, light-colored clothing that you can relax in. If you are using Dry Salt Therapy for a skin condition, you'll want to have that area exposed.

How many sessions do I need?



This varies based on symptoms and condition. For best results, the Salt Therapy Association recommends a series of treatments. Many clients regularly schedule sessions as a continuous preventative measure.

Are there any side effects?



A slight cough and a runny nose are possible, but those are simply the salt working to remove mucus and toxins from the lungs and airways.

Treatment durations vary based on an individual's condition, symptoms, and response. Many individuals will notice a positive effect in just in one session, however, a series of sessions is recommended for optimal results.

Some people go two to three times a week for a three to four-week ritual during allergy and cold seasons, some people go twice a week for six to eight weeks for more chronic conditions. Those who go for general wellness, stress relief, and relaxation simply go as often as they like.

For best results, a series of treatments is recommended. The Salt Therapy Association additionally recommends using dry salt therapy as a continuous preventive measure to strengthen the immune system against colds, cough, allergies, and sinusitis. There are some people who have salt therapy in their homes and do a daily ritual. You cannot overdose from salt therapy.

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*Dry Salt Therapy Treatment Protocols

Although the FDA has yet to establish official protocols for dry salt therapy in the United States, some European countries have incorporated the following duration of treatment:

- ☐ Asthma (mild): 12-14 days
- ☐ Asthma (severe): 18-21 days
- ☐ Acute bronchitis: 12-14 days
- ☐ Recurrent bronchitis: 12-14 days
- ☐ Chronic simple bronchitis: 18-21 days
- ☐ Chronic obstructive bronchitis: 18-21 days
- ☐ Pneumonia after acute stage: 12-14 days
- ☐ Cystic fibrosis: 20-25 days
- ☐ Chronic sinusitis: 14-18 days
- ☐ Acute sinusitis: 3-5 days
- ☐ Hay fever: 12-14 days
- ☐ Smokers: 12-14 days

*SOURCE:

MINISTRY OF PUBLIC HEALTH OF THE RUSSIAN FEDERATION, Halotherapy Application in Treatment and Rehabilitation of Respiratory Diseases, Methodical Recommendation No. 95/111, Moscow 1995
Methodical recommendation was discussed and approved by the Scientific Board of the Institute of Pulmonology of the Russian Federation.
Clinical-Research Respiratory Center, St. Petersburg – Doctors A.V. Chervinskaya, S.I. Konovalov, O.V. Strashnova, N.G. Samsonova
Institute of Pulmonology of the Russian Federation, Moscow – Doctors A.G. Chchalin, I.D. Apulcina, I.E. Furman, A.A. Bondarenko, M.V. Samsonova
Pavlov National Medical University, St. Petersburg – Doctors M.S. Pluzhnikov, A.N. Aleksandrov, I.M. Raznatovskiy, N.N. Tretyakova, K.N. Monachov

PLEASE NOTE:

For best results, during a course of therapy, chronic sufferers should try to complete sessions as consecutively as possible - daily is best, but at least 3 times a week are usually needed for challenging cases.

Back-to-back sessions - two in a row - can be greatly beneficial for sinus and skin conditions, though are not always recommended for chronic lung conditions.

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Side Effects/Contraindications

There have been several clinical studies and research on halotherapy, and, to date, there are no known contraindications otherwise than what has been recommended based on the properties of sodium chloride, as well as in health code situations in public environments, people with any type of:

- Active tuberculosis
- Contagious conditions
- Late-stage lung cancer
- Acute issues & fever
- Open wounds & sores
- Cardiac insufficiency

We understand more studies are needed to understand if there are any further contraindications, but we can confidently say that thousands of individuals have experienced salt therapy throughout the decades, and none have suggested the contraindications were present. We also encourage individuals to consult their local physician before beginning any regiment of dry salt therapy.

Salt Concerns

Some people are concerned about the intake of salt because of issues relating to diet, high blood pressure, and hypertension. This type of salt intake is connected to the digestive tract. Dry salt therapy is different as it is associated with the respiratory system. When inhaled, the amount of micro salt particles entering your respiratory system is extremely low, so it doesn't present any risk to your health. It kills bacteria, reduces inflammation, and expands airways.

There have been no reports stating that inhaling the amount of salt being utilized in a salt therapy session can provide any type of disruption or elevation of high blood pressure or hypertension.

Salt Type and Quality

Halotherapy requires the highest-quality salt available, which means that the cleanest salt available should be used. All the clinical studies and research for halotherapy involve only using 99.99% pure grade sodium chloride. This salt comes from the earth and seas but goes through a process eliminating and removing all debris and contaminants. It is not processed with any additives or caking agents such as table salt.

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