

Chapter 1 : Main Street Manor of Delavan â€” Quiet relaxation and escape with an elegant feel.

Escape to Kalahari Resort and Conventions in Wisconsin Dells, WI for a romantic getaway for two. This special discount package is the perfect date night. Stay over in a beautifully appointed guest room or suite and we'll include six chocolate covered strawberries, room service breakfast, admission to Wisconsin's Largest Indoor Waterpark and much more.

For the month of September, your first session with us is free! The cave is one part of our larger upstairs renovation project that will increase our overall wellness offerings. The installation of the cave took two weeks, and it boasts more than 17, pounds of salt that was imported from the Himalayan Mountains. Here is a quick guide to our Himalayan Salt Cave and what you can expect when you make an appointment with us. What are some of the benefits of our Himalayan Salt Cave? Salt caves promote energy and vitality while relaxing and calming the nervous and lymphatic systems. They are a great way to boost your positive moods. They are antifungal, antibacterial, and anti-inflammatory. Salt is a powerful therapeutic healing health remedy for guests of all ages. Plus, you no longer have to go down into an actual cave or travel all the way to the beach to receive the benefits. You can come up to our second-floor wellness center and spend an afternoon relaxing and investing in your health. As far as outside noise is concerned, the room is heavily padded, and we strive to keep the upstairs wellness area as Zen-like as possible. Additionally, the ceiling is dotted with thousands of small lights that resemble twinkling stars. There are also lights in the walls that add a warm ambience throughout the cave, and a string of lights along the floor near the entrance of the cave indicating where there is a small step. Our cave is also equipped with a radiant heat floor for when you bury your toes into the salt. Most importantly, though, air is blown into the room through a series of vents so the salt is experienced at a higher concentration to maximize the benefits. How does the process work? We ask that guests arrive approximately 15 minutes before their scheduled appointment, and we will greet them and get them signed in. We provide secure lockers for guests to place any personal items â€” phones and other devices are not permitted inside the cave. Shoes are also not permitted inside the cave, but guests are encouraged to wear socks or socks can be provided. Sessions are 45 minutes long, and clients can spend that time however they wish, whether it is relaxing, meditating or sleeping. Blankets are also provided to make the experience as cozy as possible. When the session is complete, guests can exit the cave and go about their day feeling refreshed, rejuvenated and relaxed. Who should consider salt therapy? Salt therapy is a natural, safe and beneficial experience for people of all ages. It is also an opportunity to host a truly unique private party, meeting or bridal party. How do I make an appointment? Or you can stop into the Apothecary in downtown Chambersburg to pick up a brochure or ask us any questions that you might have.

Chapter 2 : Relax & Escape (@relaxandescape) â€” Instagram photos and videos

Relax and Escape, Earlville, Iowa. likes. Tracy believes in a whole body experience, working to heal mind, body, and soul. She uses many different.

Chapter 3 : best Relax and Escape images on Pinterest in

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Relaxing Music and Soothing Water Sounds ðŸ”Sleep 24/7 BGM Relaxation Relaxing - Meditation Relax Clips watching Live now Smooth Pulse - Wayne Jones - Duration:

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At the beach Beach cottage Makeup bike dock hammock for my beach house/lake house Find this Pin and more on relax and escape by Patty Derby. Lakehouse- built-in hammock in the deck.

Chapter 6 : Breathe, Relax and Escape in our Himalayan Salt Cave (Photo Gallery) | Chambers' Apotheca

2, Followers, 6, Following, Posts - See Instagram photos and videos from Relax & Escape (@relaxandescape).

Chapter 7 : relaxing-escape | ABOUT ME

Soft grays and blues give this bedroom calming energy. The rich wood flooring and rattan bed frame add natural texture and warmth to the cool palette. The foot-of-the-bed trunk offers storage space for a variety of out-of-season items.

Chapter 8 : Relax and unwind: 13 places to escape work and completely de-stress

We offer samples in 9" x 9" squares for carpet and generous sizes for hard surfaces. To get a real feel for the product, try ordering 4 samples and lining them up together.

Chapter 9 : About Your Privacy on this Site

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