



### **Menu of Services**

#### **Himalayan Salt Room- 45 minutes**

Adults / \$20  
Senior (62+) / \$17.50  
Children (16 & under) / \$12.50  
Monthly Pass / \$125

#### **Massage in Salt Room**

60 minutes / \$95  
90 minutes / \$125  
30 min Reflexology or Reiki / \$55  
45 min Reflexology or Reiki / \$70

#### **Detox Footbath**

\$30 / Session  
\$99 / 4 Session Punch Card

#### **Infrared Sauna**

30 minutes (no red light) / \$30  
30 minutes (with red light) / \$40

#### **Amethyst Biomat**

30 minute session / \$25  
60 minute session / \$40  
Mini Biomat add on to any service / \$10

#### **Bemer**

20 min session / \$20  
Monthly Pass / \$100

#### **Jade Massage Bed**

15 minute session / \$15  
30 minute session \$30

#### **Whole Body Vibration Therapy**

10 minute session / \$10  
Monthly Pass / \$30

#### **Hot Hand Butter Foot and Hand Treatment**

\$5 each

#### **Alkaline Water**

Per Gallon/ \$1.00

Tuesday 10am - 3pm  
Wednesday 10am - 7pm  
Thursday 10am - 5pm  
Friday 10am - 5pm  
Saturday 9am - 1pm

Please arrive 10 minutes  
prior to your  
scheduled appointment  
time to check in

1760 South Atherton Street  
State College, PA 16801

814-954-7731  
[www.simplyhealth-calm.com](http://www.simplyhealth-calm.com)

[simplyhealthrx@gmail.com](mailto:simplyhealthrx@gmail.com)