



Time to Relax

Unwind and relax in our beautiful salt room and enjoy the healing benefits of salt. Halotherapy is an alternative treatment that involves breathing salty air. Salt's ability to absorb moisture, combined with its antibacterial and anti-inflammatory properties can provide therapeutic benefits for respiratory issues, skin conditions, detoxification and general well-being.



The Giving Tree Collective

WELLNESS REIMAGINED

The Giving Tree Collective brings together talented healing professionals, state-of-the-art equipment and a beautiful relaxing space. We embrace you exactly where you are and guide you to where you want to be through our customized services. We are passionate and purposeful about making a difference in the world by healing one person at a time to achieve well-being for the mind body and spirit.

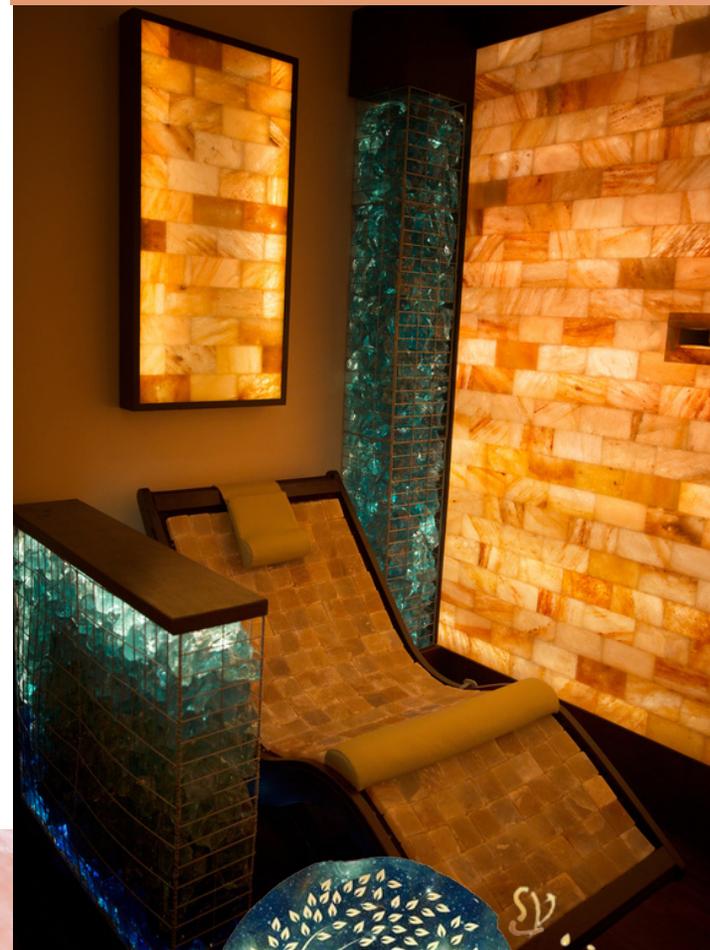
Learn more & schedule your appointment

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*Breathable salt particles.
Also known as salt therapy.*

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Benefits

More than 40 years of research, conducted around the world, shows that treatment with Halotherapy has beneficial effects for patients with:

- Asthma
- Chronic Bronchitis
- Sinusitis
- COPD (Chronic Obstructive Pulmonary Disease)
- Cystic Fibrosis
- Allergic Rhinopathy or Hay Fever
- Ear Infections
- Various acute or chronic respiratory diseases
- Smoker's cough
- Viral infections
- Coughs and colds
- Chronic ear-nose-throat illnesses

Salt is extremely beneficial to your skin in treating:

- Acne
- Psoriasis
- Neurodermatitis
- Eczema

Salt naturally produces negative ions, which produce the "clarity effect" that people love from Halotherapy treatments. Negative ions have been shown to reduce:

- Stress
- Headaches
- Lethargy
- Depression

Negative ions can dramatically increase your:

- Energy
- Mental alertness
- Overall sense of well-being



Learn More Here

FAQ's

How long is a session and how many sessions are recommended?

A session is 45 minutes long and our salt room accommodates 4 people. Halotherapy offers the best results when practiced regularly. The benefits are cumulative where consistency and frequency is the key. People with chronic issue can benefit by using the Halotherapy 3 to 4 times per week.

What should I wear?

The salt room therapy does not require any special clothing. The salt will not damage your clothes. We may ask you to remove your shoes and we may ask you to store your mobile phones in a locked storage area to provide a more relaxing experience.

Can I talk in the salt room?

As this service is meant for relaxation, we ask that there be no talking in the salt room.

Can I leave the salt room during the session?

We ask that you do not exit the salt room once a session has started unless it is an emergency. Please make sure you use the restroom prior to your session.

Are there any side effects of Halotherapy?

You may experience a dry throat, increased coughing and / or a runny nose. This is a natural part of the clearing process of the respiratory system. You may also notice slight skin irritation, throat tickle (gargling with water can resolve this) and / or minor eye irritation (eye drop can help resolve this)

What are the colored translucent stones in your salt room?

Our salt room is unique to others because we have added LED back lighting to beautiful turquoise cut glass which is stacked in gabions to provide an aesthetically pleasing experience as well as privacy from other clients.

How safe is Halotherapy?

Halotherapy is natural, safe and drug-free. It can provide long term relief and can be used a complementary treatment to prescribed medication (check with your doctor) or by itself.

You're only as good as you feel...Those negative charged ions have been shown to increase levels of serotonin in the body"

-Dr. Raleigh Duncan

What to Expect

- Day of your appointment you can wear anything you would like. If you would like more of the skin benefits from the salt you can wear a tank top and shorts to expose more skin.
- You will be asked to take your shoes off and put your stuff in a locker before going into the salt room.
- While in the salt room feel free to recline on the salt recliners or dig your feet into the warmed salt pit. Breathe deep, relax, and enjoy the salt benefits.