



# Salt Cave & Alternative Therapies to Support Your Wellness Journey



Julie Sprinkle, Founder  
RN, FNP

## May Newsletter

- 1st** **6pm Bible Study with FBC Associate Pastor True Head (West Jefferson)**  
Complimentary Salt Cave session. *Call to reserve your spot!*
- 2nd** **Pre-Celebration Celebration (Both locations)**  
Our Sparta location is turning TWO tomorrow and both locations are offering the \*Dynamic Duo\* for \$45. Enjoy 20-25 minutes in the **FIR Sauna** + 10 minutes in the **Salt Cabin** and get a powerhouse of health benefits.
- 3rd** **Happy 2-Year Anniversary Celebration to Our Sparta location** 🎉🍰  
Swing by for exclusive prizes, anniversary specials, and a whole lot of gratitude for your support! Both locations will offer BOGO Salt Cave sessions. 20% off any one product (except Salt & Stone). Hors d'oeuvres in Sparta provided by Crave.
- 5th** **6pm Bible Study with Tracy Todd (Sparta)**  
Complimentary Salt Cave session.
- 9th** **5pm WJBA Chocolate Crawl (West Jefferson)**  
Join us for some fun product specials and a delicious shopping experience!
- 5th-10th** **National Nurses Week & Teacher Appreciation Week**  
50% off service of your choice. Redeem day of purchase.
- 10th** **Mother's Day Specials**  
BOGO Salt or Sauna session. Check out our Gift Certificates & uniquely curated gifts for Mom!
- 15th** **6pm Bible Study with FBC Associate Pastor True Head (West Jefferson)**  
Complimentary Salt Cave session. *Call to reserve your spot!*
- 19th** **6pm Bible Study with Tracy Todd (Sparta)**  
Complimentary Salt Cave session.
- 24th** **Memorial Day Specials**  
Reap the benefits of our \*Dynamic Duo.\* Buy a Salt session and get 50% off a Sauna session.
- 26th** **Veteran's Special**  
½ price service of your choice.
- 29th** **6pm Bible Study with FBC Associate Pastor True Head (West Jefferson)**  
Complimentary Salt Cave session. *Call to reserve your spot!*

All specials are in-store purchase only. Not available online.

**Sparta**  
304 Jones Street  
336-372-1994

**West Jefferson**  
137B Burley Ave  
336-846-SALT

**Book Here:**



**Sign up for our newsletter!**

Get a sneak peek of our monthly specials on products & services.

**SprinklesSaltoftheEarth.com**