


Salt Cave & Alternative Therapies to Support Your Wellness Journey

April Newsletter



**Julie Sprinkle, Founder
RN, FNP**

- 1st April Fool's Day**
It's no joke! Purchase & redeem one Cave session today, get a **FREE** Far Infrared Sauna session. (In-store purchase only, not available online.)
- 3rd 6pm Bible Study with FBC Associate Pastor True Head (West Jefferson)**
Complimentary Salt Cave session. *Call to reserve your spot!*
- 7th 6pm Bible Study with Tracy Todd (Sparta)**
Complimentary Salt Cave session.
- 12th 3pm Sound Bowl Healing & Meditation. \$40 - space is limited. (Sparta)**
Laurel Snyder leads a guided meditation with grounding breath work, followed by a Salt Cave session with a Heart frequency crystal bowl.
- 17th 6pm Bible Study with FBC Associate Pastor True Head (West Jefferson)**
Complimentary Salt Cave session. *Call to reserve your spot!*
- 18th Good Friday Special for Easter**
Purchase 3 Ionic Foot Detoxes and get the 4th FREE!
- 19th Easter Special**
BOGO Salt Cave sessions. (In-store purchase only.)
- 21st 6pm Bible Study with Tracy Todd (Sparta)**
Complimentary Salt Cave session.
- 22nd Earth Day**
Save \$5 when you purchase a Foot Detox and a Cave session. (In-store purchase only.)
- 26th 11am Let's Chat: "Holistic GLP with Mika" \$35 - space is limited.**
Complimentary GLP educational presentation. 
- 26th 3pm Sound Bowl Healing & Meditation. \$40 - space is limited. (Sparta)**
Laurel Snyder leads a guided meditation with grounding breath work, followed by a Salt Cave session with a Heart frequency crystal bowl.

Sparta

304 Jones Street
336-372-1994

West Jefferson

137B Burley Ave
336-846-SALT

Book Here:



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

SprinklesSaltoftheEarth.com