

PG. 1

**What are the Benefits of a Salt Room?**

PG. 2

**What Conditions Can Acupuncture Treat?**

PG. 3

**Overcoming Stress and Anxiety** – “We cannot control the global situation, but the battle is not actually with the global situation. It is within ourselves.”

**Halotherapy** is a form of wellness therapy that involves the patient breathing in salt particles. Often coupled with guided meditation or a supplemental wellness treatment like **IV nutrient therapy**, halotherapy has become a staple holistic wellness therapy for many of our patients. Halotherapy sessions at Art of Balance Wellness Spa typically last about 50 minutes and provide patients with a stress-free environment to disconnect from the daily hustle and bustle.

## What Can I Expect During a Halotherapy Session?

Halotherapy treatments can either be done through wet methods or dry methods. At Art of Balance Wellness Spa, we use the dry method of halotherapy. This involves surrounding our patients in an environment that mimics a naturally-occurring salt cave. In this room, microscopic salt particles are carefully added into the air, maintaining the perfect level that allows for relaxation and inhibits the benefits of salt inhalation. During this time, you'll be able to relax however you like. We always encourage you to consider guided meditation to enhance the stress-reducing benefits of the treatment.

## What are the Benefits of Halotherapy?

There are many benefits to undergoing regular halotherapy treatments at Art of Balance, including:

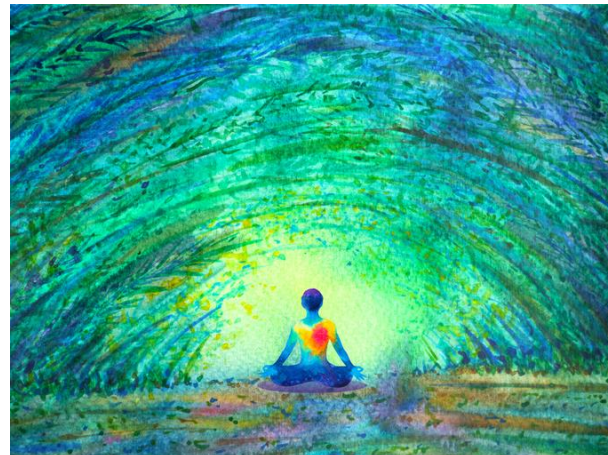
- Reduced inflammation
- Reduced overall stress
- Enhanced breathing function
- Soothing of asthma symptoms
- Soothing of coughing or respiratory illness

## Is Halotherapy Expensive?

No, halotherapy is not at all expensive. A standard 50-minute halotherapy treatment at Art of Balance starts at just \$65. Many guests will use their time in the Salt Therapy room to do an additional treatment. Our most popular addition to halotherapy is IV micronutrient therapy.

## Is Halotherapy Right for Me?

If you're in general good health and are looking for a holistic treatment to help reduce your stress and enhance your respiratory function, halotherapy may be right for you. Many of our patients notice the benefits of their halotherapy treatment just a few minutes into their treatment sessions.



Visit us at  
artofbalancespa.  
com/virtual-  
practice/



## WHAT CONDITIONS CAN ACUPUNCTURE TREAT?

We often see it in movies – patients laying down on a table covered in white linen being poked and prodded with plastic-encased needles. Acupuncture has been a traditional form of Chinese medicine for thousands of years. While many of our patients are intrigued by the concept of acupuncture, many shy away before they get informed. Let's go over everything you need to know about acupuncture before scheduling your first appointment.

### What is Acupuncture?

[Acupuncture](#) is a form of traditional Chinese medicine that comes from the concept that overall health is held in a balance of complementary extremes, or yin and yang. By inserting needles into any of the 350 specific acupuncture points in the body, it is said that energy flow is restored back into balance in addition to the patient's overall health. When taking a more scientific approach, these acupuncture points are in locations where nerves, muscles and connective tissues are stimulated therefore increasing blood flow and triggering a variety of benefits.

### What Can I Expect from my Acupuncture Treatment?

Prior to your acupuncture treatment, one of our expert [wellness therapy](#) team members will evaluate your current condition and create a personalized treatment plan to help you reach all of your health and wellness goals. During your acupuncture treatment, you will be asked to either lay down on your stomach or on your back. Once relaxed, thin, sterile needles will be inserted into very specific acupuncture points on the body. These needles will trigger the release of chemicals and hormones throughout the body depending on their entry point. Depending on your treatment, the needles will be kept in place for up to 30 minutes before being removed.

### What Health Conditions Can Acupuncture Treat?

According to the World Health Organization, many conditions can be treated or be improved with the help of regular acupuncture sessions, including:

Pain conditions

Chemotherapy-induced nausea

Painful menstrual periods

Allergic rhinitis

Rheumatoid arthritis

Tennis elbow

### What are Other Benefits of Acupuncture?

Aside from the physical benefits of acupuncture, wellness benefits include:

Reduced overall stress

Improved focus and mental clarity

Increased energy

Strengthened immune system

To learn more about how you can benefit from regular acupuncture treatments, call the spa at 443-424-4080 to schedule your virtual consultation today.



# Overcoming Uncertainty and Anxiety

By Dr. Aderonke Omotade, Psychiatrist and Internal medicine physician

Consider life just a few weeks ago. You celebrated with friends at your favorite restaurant, chatted with the other people in line at your local coffee shop, stood elbow-to-elbow on public transportation during your work commute, and sampled treats at your neighborhood grocery store.

Then came the coronavirus and normalcy was uprooted.

Now, you have virtual birthday brunches, stand 6-feet apart in public areas, attend virtual meetings in a dress shirt and pajama bottoms, and spray disinfectant on everything that enters your home. That is assuming you are lucky enough to own a can of disinfectant.

“The new normal”. “Uncertain times”. As buzz phrases swirl around daily conversations—not to mention social media—many of us are experiencing a whirlwind of emotions. The unthinkable is happening and everyone is experiencing it at the same time. COVID-19 is impossible to ignore.

*What if I was exposed? What if I can't get groceries? What if I lose my job? What if my family gets it?*

Seemingly endless questions can be compounded by the fact that none of us knows when this situation will end. Perhaps your mind is racing and you are also mourning a loss of control. There are many ways that we respond to these uncomfortable feelings. Here are a few examples:

You may experience a negative thought and let go with deep breathing techniques. Basically, it comes to your mind, you pause, reflect, shrug and let it drift away.

For some, once the thought enters your mind, it overwhelms it to the point that you lose focus and can think of nothing else. Worry consumes you.

Maybe you are a person who has managed to live with little to no disruption. You may worry from time to time, but it has not shaken your world.

However you react to this phenomenon, remember that it is a shared experience affecting us all in different ways. Anxiety and fear are expected during this time of uncertainty, but they do not have to define us. When anxiety arises, accept it and decide how you wish to channel it.

Consider channeling your energy into the things that you can control. Focus on projects that you have never had the time to do before. Practice self-care. Connect with loved ones more mindfully.

We cannot control the global situation, but the battle is not actually with the global situation. It is within ourselves. Each of us has a very specific battle: to be safe, to be responsible and to not panic.

Simply breathe and take back your control.



Visit us from the comfort of your home

01

VIRTUAL SPA: BLOGS  
AND VIDEOS WITH  
TIPS FOR HOME  
CARE

02

WELLNESS  
THERAPIES:  
VIRTUAL CONSULTS  
FOR WEIGHT LOSS,  
ACUPUNCTURE,  
COUNSELING

03

MODERN  
AESTHETICS:  
VIRTUAL CONSULTS  
FOR LASERS, BOTOX  
AND COSMETIC  
PROCEDURES

[www.artofbalancespa.com](http://www.artofbalancespa.com)