

# WELCOME TO THE COVES



The Southlake Salt Room & Spa is nestled in the quiet wooded corner of a 50 acre farm in Southwest Virginia. From a repurposed vintage grain bin our salt room was designed built with environmentally responsible materials and provides truly a unique experience. The salt room resides on the first floor and a dramatic vaulted ceiling yoga studio on the second floor.



## INSPIRED BY NATURE.

Inspired from our experience in Halotherapy, Southlake Spa offers individual, couples and group salt therapy sessions in our unique custom tailored salt room.



### Property Features:

#### Membership in The Coves Club provides:

- Historic Welcome Center
- World Class Performing Arts Venue
- 5 Miles of Hiking & Biking trails
- Social & Water Sports Docks
- Open-air Pavilions & Fire Pits
- 5G Wi-Fi coverage
- SouthLake Spa Wellness Center
- Solar Arrays for supplemental power
- 30+ Acres of Green Space
- Disk Golf Course (Opening 2023)

[covesatsml.com](http://covesatsml.com)

(Learn about our private community)

[mountainretreatliving.com](http://mountainretreatliving.com)

(Meet our preferred custom home builder)

## SOUTHLAKE SPA & WELLNESS CENTER

Partnering Service of The Coves Club

Promoting our connection to  
nature and all of its  
healing benefits

540.352.2847

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

[info@southlakesaltroom.com](mailto:info@southlakesaltroom.com)

135 David Lane | Union Hall, Virginia 24176



# DRY SALT THERAPY & WELLNESS CENTER



ENHANCES THE LUNG CAPACITY, BOOSTS IMMUNE SYSTEM, REDUCES STRESS, AND AIDS BETTER SLEEP.

## RELAXING MASSAGE

### **Commercial Massage Chair**

10 minutes: \$10

20 minutes: \$20

30 minutes: \$25

### **Massage Therapy**

\$75 per 1 hr. session

Call to book massage services

### **CranioSacral Massage Therapy**

\$35 per 30 Min. session

All appointments booked by phone only

### **Chair Massage**

\$25 per 15 Min. session

Focusing on neck, back, shoulders and arms

### **Reflexology**

\$35 per 30 Min. session

All appointments booked by phone only

## WELLNESS WORKSHOPS

### **Southlake Eco Yoga**

\$10 per session

Outdoor Yoga to experience nature!

## GROUPS AND RETREATS

### **Yomassage**

\$60 per 1 hr. 30 min session

Ultimate relaxation experience

### **Salty Foot Soak**

\$60 per 1 hr. session

Decadent hour long service

### **Halotherapy**

\$22 per 1 hr. session

Call for Appointment

