



Welcome to our Salt Cave Halotherapy & Wellness Centre!
Our Salt Cave Halotherapy & Wellness Centre
is a natural holistic centre with integrated complementary services
that will able to rejuvenate your health and maintain your well-being.

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Personal Wellbeing Services



Personal Wellbeing Services

Charges for this service per person per session ranges from \$ 100.00 onwards

Welcome to our Salt Cave Halotherapy & Wellness Centre!

Our Salt Cave Halotherapy & Wellness Centre is a natural holistic centre with integrated complementary services that will able to rejuvenate your health and maintain your well-being.

Personal Wellbeing Services is one of the many services we provide at the Salt Cave Halotherapy & Wellness Centre. Most of the structures at our Salt Cave Halotherapy & Wellness Centre have been made from Himalayan Rock Salt blocks. All of the Himalayan Rock Salt that we use has been retrieved from the world's best organic Himalayan Rock



Salt Caves. You will get benefits of the Himalayan Rock Salt by having any sessions in our premises. The Himalayan Rock Salt attracts positive ions from you and replaces negative ions in your body. The founder with extensive medical background and experience together with the support of a highly competent team proudly bring this Personal Wellbeing Services to you. Our staff delivering this



Personal Wellbeing Services is a Certified Registered Therapist and registered with professional bodies: International Institute for Complementary Therapists (<https://www.myiict.com>) and Ozone Therapy Association of New Zealand (<https://www.ozoneassociationnz.com/>). Each of the devices used in the Salt Cave Halotherapy & Wellness Centre have been approved by one or more of these following bodies: CE, FDA, MSDS, SGS, TGA.

Iridology

Iridology is also known as Iridodiagnosis or Iridiagnosis: an alternative complementary technique where the patient's iris is examined, or a close photo of the iris is taken. The captured iris image claim that it is patterns, colours and other characteristics can be examined to determine information about patient's systemic health. Iridology practitioners matches patient's iris photo observations to iris charts, which divide the iris into zones that correspond to specific parts of the human body correlating to any health conditions. Iridology practitioner interpretate that this information demonstrates a patient's susceptibility towards certain illnesses, reflects past medical problems, or predicts later health problems. Iridology practitioners interprets the eyes as windows into the body's state of health. At Salt



Cave Halotherapy & Wellness Centre we will take photo(s) of your iris by *Iriscope / Iridoscope* which will be analysed, and you will receive a detailed report of our findings and your treatment options will be discussed with you.

Literature suggests that *Iridology* may have been founded or first practiced in 1670, but as a matter of fact the birth of *Iridology* began with *Ignatz von Peczely, MD (1826-1911)*, a Hungarian physician. When *Peczely* was a child, his owl broke his leg during a struggle with it in his parent's garden. *Peczely* noticed the appearance of a black stripe in the owl's eye when his leg broken. *Peczely* started treating the injured owl and as the leg improved, there was a change in the owl's eye. This incident stayed with him as he grew older. When he became a physician, he started studying irises of



1950. Since then, *Iridology* has been used more in *European countries* compared to *United States*. Physicians practicing in *Russia, Germany, and France* are more acquainted with *iridological techniques* compared to *American physicians*.

Iridology describes eye as the most intricate and captivating structure of the body. *Iridology* is the study of the iris, the coloured part of the eye - which is believed to have reflected information about the health of the body and integrity of the organs, nerves and lymphatic systems involved. The iris of the eye replicates a disorder of the functioning of a given organ, or the state of health of different parts of the body, or in the form of changes in the colour of the iris, spots, shadows, etc., which occur on it.



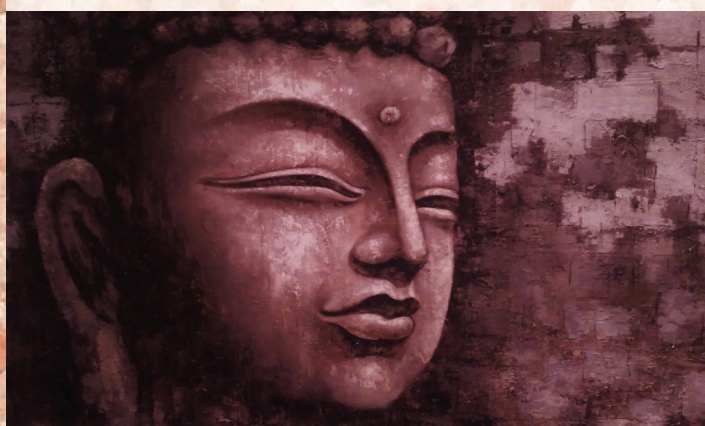
patients to see how changes in irises were related to their health problems. Finally in 1880, *Peczely* published a book on the iris of the eye called "*Discovery in the Realm of Nature and Art of Healing*". Following that in 1886, the first *iridology chart* by *Peczely* was published which was practised as part of *Iridology*. Building on *Peczely's* work, *Dr Bernard Jensen* assembled one of the first modern charts in

Rather than conducting treatment, *Iridology* is considered to be used more like a *diagnostic tool* that can be useful in *evaluating a person's health*. Marks, signs and discolouration of the iris reflect the changing conditions of the body, revealing areas of strength or deficiency in specific areas or organ systems. *Iridology* therefore can be assisted in recognising signs of disease in their early stages. *Iridology* is used to complement many other natural therapies to assess and achieve better well-being.



Session with an *Iridologist* practitioner are typically for *one hour - two sessions* are generally recommended, It is considered to be a *simple, non-invasive and safe consultation*. During your first appointment, the practitioner will examine your eye using a penlight /magnifying glass /camera /microscope. Photographs of your *iris* will be taken. You will be also asked a few personal as well as health related questions. This information will help with your analysis and to achieve better outcome. When you come for your second appointment, the photo of your *iris* has already been examined by the *Iridology* practitioner. The photo of your *iris* and a full report will be provided to you.

The *Iridologist* practitioner is not trained



to diagnose any specific medical condition but may inform you of any potential health risks that can be prevented. You may receive recommendations for preventative measures to avoid developing an illness or disease. Please keep in mind that it is always advisable for you to consult a medical professional before commencing any wellness journey. If you have had any injury or have any underlying health



issues, please speak to your *Iridology* practitioner, who will be happy to address your concerns and develop a customised therapy session for you.

For *Iridology* service offered at *Salt Cave Halotherapy & Wellness Centre* you can choose to consult in person *face to face* for *visit(s)* or *via phone* or *email* or *Skype / Zoom*. Please contact *Salt Cave Halotherapy & Wellness Centre* for more information.

Booking requirement:

Booking is essential subject to availability. For booking confirmation please provide needful information to supplier or booking tool. 24-hour cancellation or re booking policy applies. For voucher client(s) failure to do so, voucher is forfeited. Same day cancellation or no show is not entertained unless by law. For this service(s) minimum number client(s) can be booked is 1.

Your requirement(s) for the session(s):

Come relaxed with comfortable clothing. When you arrive at our centre, please be comfortable, and ready to discuss your needs with our expertise. You are welcome to bring any handouts or notes you have made for discussion with the provider. Please come 5 – 10 minutes prior to your booked time.

Charges for Iridology Services:



Retail price per person per 60 minutes
Iridology session: \$140.00 Please arrive
5 – 10 minutes prior to your booked time.
[For limited time only \$120.00 per person
per session. Please arrive 5 – 10 minutes
prior to your booked time.]

Clinical Hypnotherapy

Hypnotherapy is one of the popular types of complementary therapy in which hypnosis is used to create a state of focused attention and increased suggestibility. By hypnosis mental state focus and attention is increased. Hypnotherapy is also considered as a type of psychotherapy which can be used to help treat any underlined habitual conditions, mental illnesses or medical conditions. With hypnotherapy abnormal habits or unhealthy lifestyle, unhealthy



eating disorders, pain, associated medical conditions, stress, anxiety, depression, hyper or hypoactivity, personal life related issues and addictive disorders etc can be treated During hypnotherapy session - certified professional Hypnotherapist will ask you your underlining issues or concerns then analyse the depth of it. Once assessed by Hypnotherapist, they will help you relax, make you focus



on your core issues and your mental state. Hypnotherapist will make an environment of imagination, put your concerns in open world where you can use guided imagery or suggestions to help you overcome parts of your condition(s). After your session, you should be able to focus more and make your decision as needed not only for that instant but also for the future.

What types of issues can a Hypnotherapist help with?

This is not a complete list of the benefits of Hypnotherapy but will give you an idea of which conditions it can help with:

- **Self-improvement:** Physical, Behavioural, Emotional, Confidence, Self-esteem.
- **Performance:** Personal, Business, Sport.
- **Relationships:** Personal, Social, Sexual issues etc.
- **Habits:** Smoking, Nail biting, Hair pulling, Thumb sucking, Bed wetting, Eating etc.
- **Phobias:** Heights, Open spaces, Spiders, Fear of flying, Animal or Birds or Insects etc.
- **Addictions:** Smoking, Alcohol, Gambling, Foods, Drugs etc.



- **Others:** Weight loss, Sleep issues, Depression / Anxiety, Stress etc.

There are many ways a *Hypnotherapist* can help you. *Hypnotherapy* is an excellent complementary procedure that is used with most traditional forms of treatment for physical, mental, emotional and environmental issues that takes a holistic approach of mind–body-soul.

Exception during Hypnotherapy session:

Just come relaxed with a positive attitude, and comfortable clothing. You are more than welcome to bring notes with regarding your concerns and queries that you wish to discuss. You can bring a support person with you if you are attending a face-to-face session. As a standard practice, your consent will be taken. You will be asked about your



concerns or issues, some demographic questions and as well as your medical history. Depending on your mindset you will be conscious or unconscious during the hypnotherapy session and you will be aware of everything before, during and after session. Hypnotherapy will help you to understand the issues you are facing, and how to manage it better.



Exception after Hypnotherapy session:

As you will be conscious or subconscious depending on your mindset and Hypnotherapy effects, you will be aware of everything before, during and after session. By the end of Hypnotherapy session, you should be feeling wide awake – either bursting with energy, or quite mellow and relaxed, you will be more clear in concepts and have better understanding of your concerns plus may have solutions to resolve your issues. At times depending on the multitude of factors such as Hypnotherapy assessment used, length and depth of trance or issues discussed, you may feel either refreshed and rejuvenated or very settled and relieved.

How many session(s) Hypnotherapy do we need:

Sometimes one or two sessions of Hypnotherapy are enough for therapeutic needs, but at times few sessions might be needed if something new or additional issues arise with present or past issues. At times your Hypnotherapy practitioner might refer you to your health provider or different provider for your better management, you will be discussed prior to referral. Take the time afterwards to decide how much assistance you've already gotten from Hypnotherapy and how much better it could be

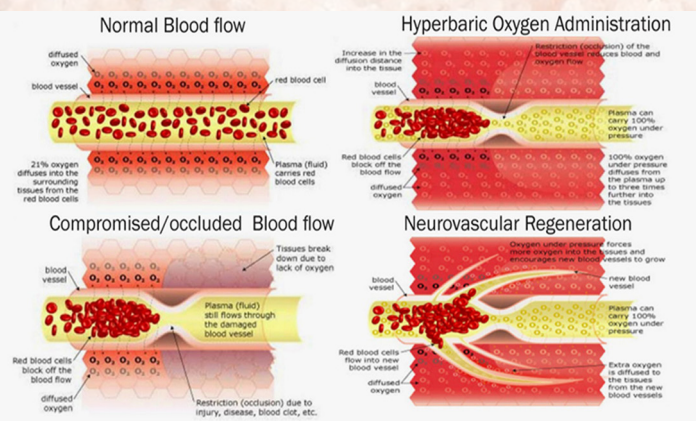


with more visits.

Confidentiality:

Your session(s) of *Hypnotherapy* with us are completely confidential and information collected during the sessions are covered by the *Privacy Act* and required by the *Governing Body*. Information will not be shared with any other provider at the *Salt Cave Halotherapy & Wellness Centre* or other agencies or parties without your consent. The only exception is when you disclose something that maybe a threat to your safety or safety of our staff delivering the services. In this case, appropriate parties will be notified, and you will be notified of the reason for this action.

For *Hypnotherapy* service offered at *Salt Cave Halotherapy & Wellness Centre*

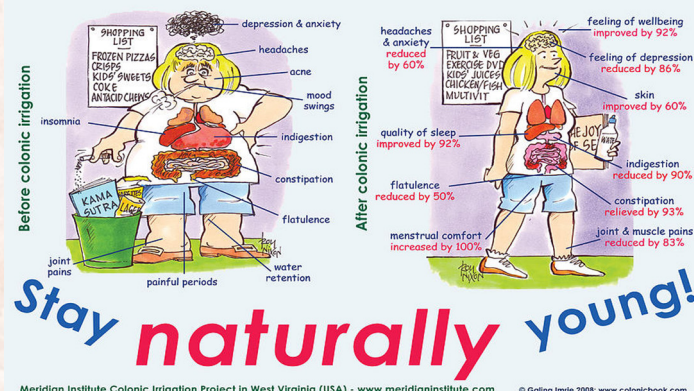


you can choose to consult in person *face to face* for *visit(s)* or *via phone* or *email* or *Skype / Zoom*. Please contact *Salt Cave Halotherapy & Wellness Centre* for more information.

Booking requirement:

Booking is essential subject to availability. For booking confirmation please provide needful information to supplier or booking

COLON HYDROTHERAPY



tool. 24-hour cancellation or re booking policy applies. For voucher client(s) failure to do so, voucher is forfeited. Same day cancellation or no show is not entertained unless by law. For this service(s) minimum number client(s) can be booked is 1.

Your requirement(s) for the session(s):

Come relaxed with comfortable clothing. When you arrive at our centre, please be comfortable, and ready to discuss your needs with our expertise. You are welcome to bring any handouts or notes you have made for discussion with the provider. Please come 5 – 10 minutes prior to your booked time.

Charges for Hypnotherapy Services:

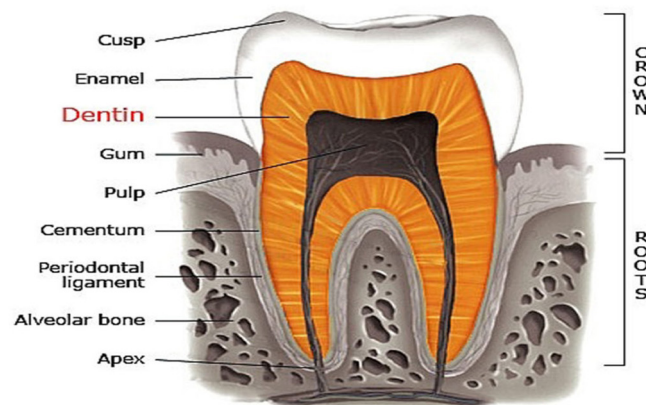
Retail price per person per 60 minutes *Hypnotherapy* session: \$120.00 Please arrive 5 – 10 minutes prior to your booked time. [For limited time only \$100.00 per person per session. Please come 5 – 10 minutes prior to your booked time.]

Ozone Therapy

Ozone Therapy is an alternative complementary treatment which introduces *Ozone* or *Ozonides* into the body *by various routes of administration*. Due to *Ozone's* amazing effects - *Ozone Therapy* has said to have *been sold as an unproven treatment for various conditions or illnesses and practice as alternative complementary*



therapy in different parts of the world. Knowing the powerful oxido-reduction potential of Ozone, the pathogenetic effect of Ozone Therapy develops through its double mechanism of action: (1) Local action - due to disinfection activity versus bacteria, viruses, fungi. (2) Systemic metabolic action - resulted in the reactivation and restoration of the oxygen homeostasis of the human body. During Ozone Therapy, Ozone or Ozonides can be used by itself or added with other components like normal saline, blood, plasma, oil, vitamins, minerals etc. depend on assessment and treatment needs. You will be explained during the consultation on which best treatment plan suits you and upon agreement by both parties best Ozone Therapy method(s) will be used for best management.



in sub cutaneous lesion. A single method or multiple methods of Ozone Therapy is administrated based on assessment and treatment needs. Prashant Saraf who is providing Ozone Therapy with Medical Ozone Generator “Medozons” at Salt Cave Halotherapy & Wellness Centre has completed his training from Association of Russian Ozone Therapists by world’s renowned guru for Ozone Therapy “Prof. Sergei Petrovich Peretyagin”. Work, collaboration, and research done by Prof. Sergei Petrovic Peretyagin is outstanding and amazing results have been achieved in healing, wellbeing and prevention of diseases. For further reading on Prof. Sergei Petrovic Peretyagin’s work, please refer to his publication “The Master Key of The Ozone Therapy in Russia”.



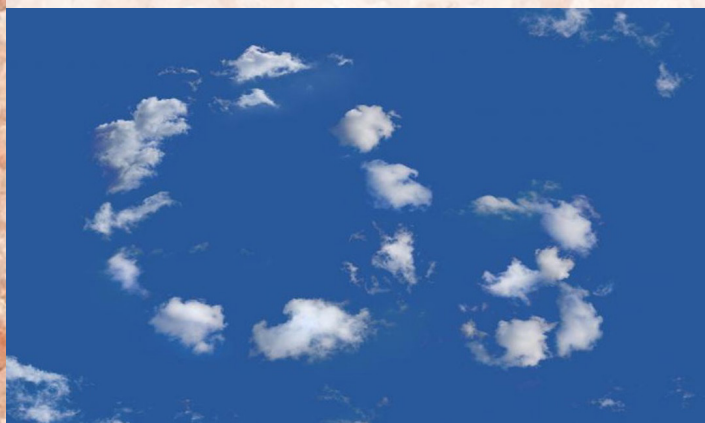
Different methods of Ozone Therapy administration are: * Injection - auto hemotherapy or direct injection into a vein or muscles or joint. * Insufflation - in ear or nose or vaginal or rectal. * Inhalation - breathing Ozonoids given off from Ozonated oil. * Ingestion - Ozonated water, Ozonated olive oil. * Transdermal-cupping with a funnel, sauna, bagging. * Cosmetic – subcutaneous pumping Ozone

Ozone (O₃) is a gas which a molecule consisting of three atoms of oxygen in a dynamically unstable structure due to the presence of mesomeric states. Ozone - 3 atom molecule of oxygen and may work like medicine in a number of ways. There is a believe that ozone decreases inflammatory enzymes and cytokines, increases anti-inflammatory enzymes and prostaglandins. It is also believed that ozone appears to increase circulation and improves energy production in cells. There are many proven benefits of ozone but how each mechanism improves individual health

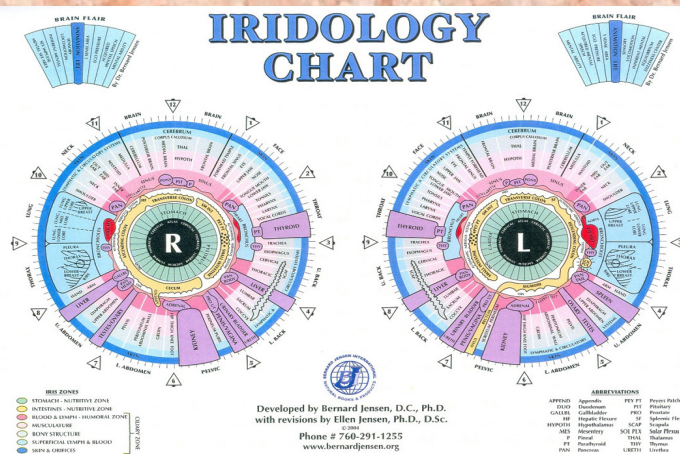


conditions is yet to be fully understood. Ozone gas is colourless, acrid in odour and explosive in liquid or solid form. Ozone has a half-life of 40 min at 20°C and about 140 min at 0°C. Ozone's basic function is to protect humans from harmful effects of UV radiation. Ozone occurs at less than 20 µg/m³ from the earth's surface at concentrations that are perfectly compatible with life.

Ozone gas was discovered in the 1840s, and soon after that, the scientific community began to expand past the notion that it was just another gas of the earth's atmosphere. Just after 16 years of its discovery, ozone was first used in a health care setting to disinfect operating rooms and sterilize surgical instruments. By the end of the 19th century ozone was used to disinfect drinking water for bacteria and viruses in



the mainland of Europe. Ozone was used to treat infections, wounds and multiple diseases, ozone's effectiveness has been well-documented. Initially ozone has also been used in dentistry, ozonated water was given to patients to gargle which decreased oral pathogens and oral cavity. Ozone was known to treat as many as 114 diseases. Ozone therapy has been in use since the 1800s and in 1896 the genius



Nikola Tesla patented the first ozone generator in the US, later forming the 'Tesla Ozone Company.' Only in 1892 The Lancet published an article described administration of ozone for the treatment of tuberculosis. During World War I (1914-18) doctors familiar with ozone's antibacterial properties, tested ozone at Queen Alexandra Military Hospital in London as a possible disinfectant for wounds. Because of that ozone gas was applied directly on the wounds for as long as 15 minutes which resulted in damage to both bacterial cells and human tissue. It was also discovered ozone not only remedied infection, but also had hemodynamic and anti-inflammatory properties. Other sanitizing techniques, such as irrigation with antiseptics, were found preferable when test was conducted. In the late 1980s, reports had emerged that German physician were successfully treating HIV patients with Ozone-AHT (Autohemotherapy). There was then no pharmaceutical treatment for HIV and a pandemic was feared, so Canadian authorities authorized the study to test safety and efficacy of Ozone-AHT (Autohemotherapy) in AIDS patients. Ozone had shown promise in in-vitro testing. Ozone was seen to be effective at disinfecting extracorporeal blood samples of HIV. Unfortunately for AIDS patients, Ozone-AHT (Autohemotherapy) proved to be



an *in vivo* ineffective treatment.

Nowadays, *ozone* therapy represents a *genuine alternative to orthodox medicine*, particularly in *medical conditions* where there is a belief that it *will provide effective treatment*. *Ozone* therapy is characterized by *broad spectrum* of its *non specific action* in a great number of *widely spread diseases* such as *atherosclerosis, ischemic heart disease, hypertensive disease, diseases of airways, of digestion system, dermato-venereal, surgical, obstetric-gynecological, neurological pathologies, infectious diseases etc.* The gathered practical experience allows making a conclusion that *ozone therapy* is characterized by *simplicity of application, performance, good tolerance by patients, maybe absence of side-effects or may have adverse reactions and high*



medical-social and economic efficiency. *Ozone* therapy has an *extremely wide range of action, produces a powerful bactericidal, virucidal, fungicidal, immunomodulating, antihypoxic, detoxication action, is well tolerated by patients and may not cause any side-effects.* The use of *medical ozone* may help to reduce treatment time, lethality and grade of disability.



Owing to the powerful *oxido-reduction potential* of *ozone*, the *pathogenetic effect* of *ozone therapy* develops through its *double mechanism of action*:

- *Local action* due to *disinfectant activity* versus *bacteria, viruses, fungi.*
- *Systemic metabolic action* resulted in the *reactivation and restoration* of the *oxygen homeostasis* of *human body.*

Fields of *application* for *different type of condition(s) or indication(s)* where *ozone therapy* could be helpful are listed below:

- *Surgery:* abscesses, wound infection, septic conditions, peritonitis, decubitis, burns, badly healing wounds, trophic ulcers, chronic osteomyelitis, thrombophlebitis, arterial occlusive disturbances of the lower limbs, cardio-surgical interferences.
- *Internal Medicine:* chronic gastritis, colitis, peptic ulcer, chronic hepatitis, hepatocirrhosis, rheumatism, arthritis and arthrosis, ischemic heart disease, allergic diseases, diseases of conducting airways, diabetes mellitus.
- *Eye Disease:* leber's optic atrophy, atrophy of retina, injury of cornea.
- *Infectious Diseases:* viral



diseases including hepatitis.

- **Venereal Diseases:** diseases mainly transmissible in sexual way and their complications.
- **Urology:** pyelonephritis, cystitis, urethritis, prostatitis.
- **Dermatology:** furunculosis, pyoderma, herpes, mycosis, scleroderma, psoriasis, neurodermatitis, eczema, bullous dermatosis.
- **Cosmetology:** acne rash, cellulites, local lipodystrophy, alopecia.
- **Obstetrics & Gynecology:** inflammatory female genital diseases, gestosis, pregnancy anemia, threatened abortion, infertility.
- **Neuropathology:** cerebrovascular insufficiency, diseases of peripheral nervous system, migraine.



application(s).

Local application(s):

- Ozone gas irrigation through frame-chambers.
- Bubble hydromassage by ozone gas mixtures.
- Ozone gas irrigation under “suction cup” in low-pressure conditions.
- Subcutaneous injections of ozone gas mixtures.
- Intravaginal continuous-flow insufflations of ozone mixtures.
- Intra-articular injections of ozone gas mixtures.
- External applications of ozonized liquids, ointments and oils.
- Ozone baths with bubble hydromassage.
- Vacuum-vibratory massage by means of ozonized oil.

Systemic application(s):

- Intravenous drop-by-drop infusions (drips) of ozonated physiological saline.
- Major autohaemotherapy with ozone.
- Minor autohaemotherapy with ozone.
- Acupuncture therapy with ozone gas mixtures.
- Per oral intake of ozonized liquids and oils.
- Rectal insufflations with ozone gas mixture.



- **Stomatology:** stomatitis, parodontosis, pulpitis.
- **Anesthesiology, reanimation, intensive care:** post-operative and post-reanimation correction disturbances, detoxification ozone therapy.

Main methods of *ozone application* are *local application(s)* and *systemic*

Absolute contraindications for



Ozone Therapy are:

- Acute and chronic tendency to bleedings.
- Thrombocytopenia.
- Hyperthyroidism.
- Cramps in the anamnesis.
- Individual intolerance to ozone.
- Blood coagulation disorder.
- In decompensated heart insufficiency.
- In severe acute toxication (incl. alcohol).
- In hypoglycemic conditions.
- In extremal sympatheticotonic and parasymphaticotonic reactions.

After myocardial infarction ozone therapy can be used not earlier than after 6 months, in patients with hemorrhagic insult in the anamnesis ozone therapy is not recommended for use.



Booking requirement:

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Your requirement(s) for the session(s):

Come relaxed with comfortable clothing. When you arrive at our centre, please be comfortable, and ready to discuss your needs with our expertise. You are welcome to bring any handouts or notes you have made for discussion with the provider. Each person visiting for *Personal Wellbeing Services* please must bring two big bath towels, one hand towel and bottle of water for your *Personal Wellbeing Services* session. Please come 5 – 10 minutes prior to your booked time.

Charges for Ozone Therapy Services:

Retail price per person / session for Pre – *Ozone Therapy* Consultation: \$50.00 Please be advised you will be asked to pay partial or full amount before you come for *Ozone Therapy* as resources used for *Ozone Therapy* are expensive. The amount you pay before treatment will be deducted and you will just pay the remaining balance after your session. [Please arrive 5 – 10 minutes prior to your booked time].

Retail price per person per session for *Ozone Therapy* varies from \$50.00 to up to \$1000.00 The option of using a single method or multiple methods of *Ozone Therapy* administration depends on assessment and treatment needs. Your option(s) will be discussed with you and upon agreement by



both party's best management plan and treatment will be administered [Please arrive 5 – 10 minutes prior to your booked time].

Clinical trials have shown that multiple sessions of Personal Wellbeing Services provide relief from existing chronic & other medical conditions. Multiple sessions are recommended to attain best results. Please contact Salt Cave Halotherapy & Wellness Centre for more clarification about present or about any other treatments provided at Salt Cave Halotherapy & Wellness Centre.

Research article(s) for Personal Wellbeing Services:

N. Di Paolo, Ozone therapy, 2004.

Slavcho Rakovsky, Application of ozone in medicine, 2009.



A. M. Elvis, Ozone therapy: A clinical review, 2011.

Velio Bocci, Oxygen Ozone as a medical gas mixture. A critical evaluation of the various methods clarifies positive and negative aspects, 2011.

Renate Viebahn-Hansler, Ozone in medicine: The low-dose ozone concept-guidelines and treatment strategies,



2012.

Gennady Andreevich Boyarinov, Chemical transformations in treatment of saline solution with ozone-oxygen gas mixture, 2016.

Gaetano Cuccio, Oxygen-ozone therapy in the treatment of tissue adipose diseases, 2016.

Noel L. Smith, Ozone therapy: an overview of pharmacodynamics current research and clinical utility, 2017.

Murat Kara, Lipolysis of a painful lipoma with ozone: the role of ultrasound in the diagnosis and quantification of the treatment, 2019.

AEPROMO, Ozonized saline solution Vs COVID-19, 2020.

Alessandra Gavazza, Ozone therapy as a possible option in COVID-19 management, 2020.

Alberto Hernandez, Ozone therapy for patients with COVID-19 Pneumonia: Preliminary report, 2020.

Alessandro de Sire, Oxygen-Ozone therapy in the rehabilitation field: State of the art on mechanisms of action, safety and effectiveness in patients with musculoskeletal disorders, 2021.

Rita M. Holl, Iridology: Another Look, 1999.



Noworol OV AM, What is the value of iridology as a diagnostic tool?, 2020.

Matthew Krouwel, What the public think about hypnosis and hypnotherapy. A narrative review of literature covering opinions and attitudes of the general public, 1996 - 2016.

Opening Hours:

We are open: 10 am- 7 pm: Mondays to Sundays (Including Public Holidays).

Location:

We are based at: 11 / 326 Sunset Road, Windsor Park, North Shore, Auckland 0632, New Zealand.

There is availability of onsite as well as off street parking for our clients.

Contact us:

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Mobile: (+64) 220608886

Email: infosaltcavenz@gmail.com

Website: <https://www.saltcavenz.co.nz/>

Also visit us on:

[Website](#) or [Facebook](#) or [TripAdvisor](#) or [Instagram](#) or [Google](#) or [Yelp](#) or [YouTube](#).

Medical Disclaimer: Statements made and information available on our website



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