Salt SPA Haven



How about a pause...

Together

Restorative Programs for Groups and Teams







www.SaltSpaHaven.com • info@saltspahaven.com
(678) 964-7258 • 128 Sumner Rd., Fayetteville, GA 30214



Restorative Programs for Groups and Teams

A shared pause, made for teams, friends, and everyone in between.

Salt Spa Haven and **Even Minded** offer a place — or a moment, brought to you — to make that kind of care part of your routine.

WAYS TO WORK TOGETHER

Together, at the Spa

Reserve a day to restore and reset together at Salt Spa Haven. While some enjoy a massage, others can relax in the infrared sauna, experience a reflexology or mindfulness sessions — a shared wellness experience, all in one visit.



Together, where you are

On-site programs, brought right to your workplace.

Wellness Day

A dedicated day to decompress and reset — yoga, breathwork, or massage.

Ideal for: offsites, quarter-end resets, Mental Health Awareness Month, onboarding

Multi-Week Programs

A progressive 4–6 week experience that builds skills your team actually uses.

Ideal for: in-person, hybrid, or virtual — customized to team size and schedule

Ongoing Sessions

Monthly or quarterly touchpoints that make wellbeing part of how your team operates.

Ideal for: HR-led wellness programs, leadership development, recurring team touchstones

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Salt SPA Haven

Together, at the Spa



Haven Circle

A private, unhurried retreat for your closest few — friends or teammates.

GROUPS OF 3-4 GUESTS



45 min
Massage or Reflexology



45 min
Salt Room + Mindfulness



30 min
Infrared Sauna

2 hours per guest

Price **$220** per person

**Prices may vary depending on services selected and visit duration. Final quote confirmed at time of booking.*

RESERVE YOUR GROUP!

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Salt SPA Haven

Together, at the Spa



Haven Gathering

For team outings, birthdays, bridal parties, and friends who need a reset.

GROUPS OF 5-14 GUESTS



30 min
Massage or Reflexology



45 min
Salt Room Mindfulness



30 min
Infrared Sauna

1 hour 45 min per guest

Price **$175** per person

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Together, at the Spa



Haven Collective

Company outings, celebrations, and clubs - one shared reset.

GROUPS OF 15 - 20 GUESTS



30 min
Massage



45 min
Salt Room Mindfulness



30 min
Infrared Sauna
(available for 8 guests - just let us know at booking)

2h30 to 3h30 visit, based on group size — every guest gets their full massage or reflexology.

Price **$175** per person

**Prices may vary depending on services selected and visit duration. Final quote confirmed at time of booking.*

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Salt SPA Haven

EVEN MINDED
PAUSE. BREATHE. BE

Together, where you are



Bring Wellness to your team

Restorative programs, brought right to your workplace.

A pause doesn't have to mean a trip. **Salt Spa Haven** and **Even Minded** bring mindfulness, movement, massage, and more to your team, wherever you work.

WAYS TO WORK TOGETHER

Wellness Day

A dedicated day to decompress and reset — mindfulness, yoga, breath work, massage and more.

Ideal for: offsites, quarter-end resets, Mental Health Awareness Month, onboarding

Multi-week Programs

A progressive 4–6 week experience that builds skills your team actually uses.

Ideal for: in-person, hybrid, or virtual — customized to team size and schedule

Ongoing Sessions

Monthly or quarterly touchpoints that make wellbeing part of how your team operates.

Ideal for: HR-led wellness programs, leadership development, recurring team touchstones

We bring everything. All you need is a quiet room.
Sessions fit into a lunch hour or a full day.
Travel included within 10 miles of Fayetteville.

BOOK YOUR COMPLIMENTARY CONSULTATION

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EVEN MINDED
PAUSE. BREATHE. BE

Teams Experiences Onsite



Built around your team

No two teams are alike, so no two programs are either.

Services

- Mindfulness, Yoga, Breathwork
- Chair Massage
- Reflexology
- Virtual Classes

How it works

1. Consultation

A complimentary conversation to get to know your team.

2. Your custom program

We design a program and quote around what you shared.

3. We bring it to you

We arrive, set up, and take care of everything, so your team can simply pause.

In your consultation, we'll talk about:

- How many people will take part
- How much time your team has available
- Where you're located, and whether you'd like in-person, hybrid, or virtual
- What your team needs most: stress relief, focus, connection, or rest
- A one-time event or an ongoing program

LET'S DESIGN YOUR TEAM'S PAUSE

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