

Anahata Massage, Longmont's Luxury Spiritual Center, now offers Salt Therapy Room

From Salt Therapy to Bodywork Treatments and Meditation, Anahata Massage is Longmont's Luxury Spiritual Center

LONGMONT, CO, USA, January 3, 2023 /EINPresswire.com/ -- While Boulder has an abundance of holistic wellness offerings, [Jennifer Grande](#), Licensed Massage Therapist, noticed there was still a niche to fill in Longmont where she's lived for almost two decades. So, in 2020, she opened [Anahata Massage](#), a luxury spiritual center and community gathering place.



Salt Room at Anahata Massage in Longmont

The non-denominational holistic healthcare space offers a range of soothing body therapy services, from cupping to help increase blood flow and foot massages with salt scrubs and deep tissue therapeutic massages that incorporate Hydrocollator Steam Packs to provide additional tension release. The space also has Swedish relaxation or deep-tissue massages. Anahata Massage also offers yoga, meditation and breathwork and other classes.

“

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*Jennifer Grande, Licensed
Massage Therapist*

Now, the latest addition to this holistic space is a [salt therapy](#) room, which is a semi-private, spa-like space. The beautiful room, Grande says, is the first of its kind in Longmont and she describes it as a “huge room lit up like a Himalayan salt lamp” that comes with a slate of health benefits. The salt therapy room will make its debut at

Anahata Massage's Holistic Health Hoopla, which will be from noon to 5 p.m. on Sunday, June 26 at 2130 Mountain View Ave., Suite 204 in Longmont.

The idea at Anahata Massage? It's a spiritual center for every body and Grande wants to combine professional therapeutic body work with a spiritual aspect in the treatments and classes and provide a place for education and enlightenment.

Here's a look at Anahata Massage, and how it's serving the Longmont and broader Boulder County community.

The Meaning of 'Anahata'

If you've taken a yoga or meditation class, you're probably familiar with the concept of chakras, which are the seven energy wheels or centers in your body that are intertwined with your emotional and spiritual wellbeing. The idea is that when they're spinning properly, they allow for Qi energy to flow freely through your body.

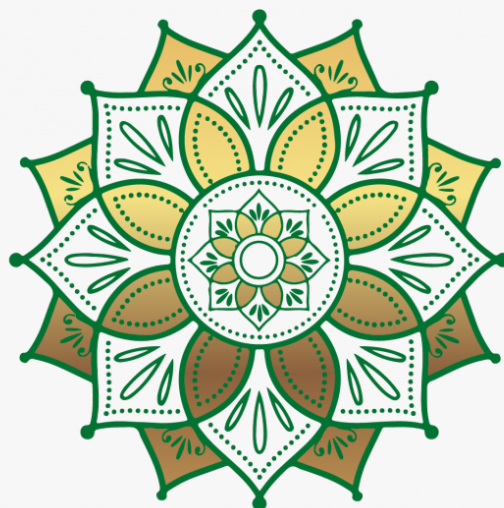
Anahata — the namesake of Anahata Massage — is the fourth chakra, or the heart chakra, that's located in the middle of the chest, Grande explains. Anahata serves as our love center, not just for ourselves but for others, which is a fitting name for the practice that opened in March 2020, right before the pandemic shutdowns and shortly after Grande experienced a profound loss.

In 2019, Grande's husband died unexpectedly in a car accident. As she was grieving, she decided she needed to do something new. She left her successful career in business administration and enrolled in the Berkana Institute of Massage Therapy. Now, she's combining her past career in the business world and her present endeavor in holistic health and is teaching a business development program at the institute, helping the next generation of students develop business plans.

In Sanskrit, "anahata" translates to unhurt and unbeaten; it's the chakra associated with love,



Jennifer Grande, Licensed Massage Therapist



ANAHATA MASSAGE

compassion and empathy. Curating the space and being vulnerable has created an energy at Anahata Massage, Grande says, that attracts other people who are in need of healing. The name of her business, she says, is symbolic of the energy and healing that occurs in each of us and when people come together.

"This experience, as challenging as it was, created the opportunity for true healing and to be open to so much change," she says.

Halotherapy and Other Treatments

Halotherapy (or salt therapy), Grande says, comes with a wide range of benefits, including the potential to reduce stress, anxiety and fatigue.

The tiny salt particles that are dispersed in the salt therapy room act like sponges that clean your respiratory tract of dust and toxins, she explains, providing an alternative treatment to lung challenges like coughs and asthma.

Salt is antibacterial and anti-inflammatory, too, and the tiny particles can also have skin healing benefits, Grande says, helping to treat acne, eczema, psoriasis and more.

The salt therapy room will complement other offerings at Anahata, which also include CranioSacral Therapy, a gentle but powerful technique that releases neck and back pain, pregnancy massages and Lymphatic Drainage Therapy, which increases circulation and stimulates the functioning of the immune and parasympathetic nervous systems. If you're short on time, you can also book 30-minute massage treatments to focus on a specific area.

As a community space, Anahata Massage also sells wellness products like organic handmade soaps and salt scrubs as well as plants and crystals.

"I'm so grateful to have survived the last couple of years, and I'm excited to grow and expand and bring more offerings and classes to the Longmont community," Grande says.

Anahata Massage
2130 W. Mountain View,
Suite 204, Longmont, 720.549.4049,
www.anahatamassage.com

IF YOU GO:

Anahata Massage is hosting the Holistic Health Hoopla and the debut of its salt therapy room. The gathering will include live music by Ras Moses & Harry Mo backed by the Cru, and will celebrate holistic health, community and positive energy. Anahata will host local holistic health providers, locally made wellness products, workshops, yoga, a bouncy castle for kids, healthy cuisine and more.

When: Noon to 5 p.m. on Sun. June 26

Where: Anahata Massage, 2130 Mountain View Ave., Suite 204, Longmont

More Information: Anahatamassage.com

Jennifer Grande

Anahata Massage

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