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At Hudson Valley Healing Center, it's our mission to provide the highest quality wellness care to our community through a comprehensive array of medical and holistic health services, anchored in compassion and attention to each individual's needs.

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## OUR WELLNESS SERVICES

### HOLISTIC WELLNESS

Salt Cave (Halotherapy)

Infrared Sauna

Red Light Therapy

PEMF

(BEMER & Chakra Mat)

EWOT: Live O2

Herbal Foot Soaks

### MEDICAL SERVICES

Hyperbaric Oxygen Therapy

Vitamin IVs & Injections

Red Light Lasers

### PRACTITIONER SESSIONS

Reiki & Meditation

Hypnotherapy

Lifestyle Coaching

### INFRARED SAUNA

With near, mid, and far infrared technology, our sauna can assist you with pain management, skin health, and detox.

### HYPERBARIC OXYGEN THERAPY

By breathing in oxygen under pressure, Hyperbaric oxygen therapy encourages the formation of new collagen and skin cells, supports mental health, and helps the body heal itself.

VISIT [HUDSONVALLEYHEALINGCENTER.COM](http://HUDSONVALLEYHEALINGCENTER.COM) OR CALL US TO LEARN MORE ABOUT EACH OF OUR WELLNESS SERVICES.

## COME INTO THE CENTER

### ATTEND A WORKSHOP

Our practitioners will guide you through modalities such as meditation, Qi Gong, Reiki, and sound healing.

### PERUSE OUR GIFT SHOP

We offer local and artisanal wares focused on wellness for the mind, body, and spirit.

*We carry High Quality, Organic CBD products in our retail shop!*

### EXPAND YOUR PRACTICE

We offer beautiful treatment rooms for community members to rent and offer their healing practices.

### HOST YOUR NEXT EVENT

Rent our Salt Cave and other wellness spaces for your workshop, fundraiser, or special occasion!



FOLLOW US FOR UP-TO-THE-MINUTE EVENT INFO



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