



Salt Cave Halotherapy & Wellness Centre

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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 be able to rejuvenate your health and maintain your well-being.

Our customers benefit from a wide range of health and well-being services provided under one roof. Some of the services we offer at the *Salt Cave Halotherapy & Wellness Centre* are new to *New Zealand*. An earlier demographic survey indicated a need for these revolutionary services.

Our *Salt Cave Halotherapy & Wellness Centre* is a contemporary wellness centre which contains a man-made "*Himalayan Rock Salt Cave*". This "*Himalayan Rock Salt Cave*" has been crafted from *Himalayan Rock Salt Cave*. *Salt Therapy* has been incredibly popular in *Europe* for many years. Its popularity is spreading across the civilised world.

We believe we have designed one of the first and finest *Himalayan Rock Salt Cave Halotherapy* centres in *New Zealand*. This has resulted from hard work, intensive research and careful optimisation and installation of our systems. We are confident that our services will be of high standard and will provide customer satisfaction to our clients who visit our centre. The source of all the *Himalayan Rock Salt* used in our *Himalayan Rock Salt Cave* is the organic *Himalayan Rock Salt Caves*.

We have a multi-cultural and a multi-lingual team who are proficient in *English, Maori, Russian, Chinese, Hakka, Hokkien, Mandarin, Cantonese, Bahasa Malaysia, Brazilian, Portuguese, Spanish, Italian, Japanese, French, Arabic, Indonesian, Samoan, Hindi, Fiji Hindi, Nepali languages*.

Why choose us:

- *One stop wellness centre*: Our customers benefit from a natural holistic centre delivering many health and well-being services under one roof.

- **Quality:** All our services are delivered by a trained and certified professional.
- **History:** The services we provide date back to ancient civilisation especially the *Himalayan Rock Salt Cave Halotherapy* which was used in early civilisation as part of natural traditional healing against various ailments.
- **Informed Choice:** Everything is explained in detail prior to service delivery. A well-informed client is our priority.
- **Customers Satisfaction & Reviews:** We go out of the way to make sure our customers feel valued and their satisfaction is our uttermost priority. We have received great reviews on how our services have helped clients achieve good health and well-being. To read these reviews please visit our [Website](#) or [Facebook](#) or [TripAdvisor](#) or [Instagram](#) or [Google](#) or [Yelp](#) or [YouTube](#).

About the Founder:

Kia Ora. My name is Prashant Saraf and I am from the Himalayan Kingdom of Nepal. I am the founder of Salt Cave Halotherapy & Wellness Centre.

I trained as a *medical doctor in Russia*. I have worked as a doctor in *Russia, Nepal, Cook Islands and Fiji Islands*. I am registered with the *Medical Councils of Nepal and Fiji Islands* to work as a doctor there.

I have had wide experience and knowledge in medicine and holistic approaches to health and well-being. I moved to *New Zealand* in early 2012 and worked at a GP clinic as the *General Manager*. I have more than 14 years of experience working as a medical doctor but currently I am not registered to practice medicine in *New Zealand*.

To be able to utilise my medical knowledge and experience and to give “*something back*” to the *New Zealand community* I am living in. This “*something back*” I have set up a *Salt Cave Halotherapy & Wellness Centre* that provides a range of services to rejuvenate your health and to maintain your well-being.

After years of discovery, analysis and research, I have developed my *Salt Cave Halotherapy & Wellness Centre*. I have with me a wonderful team of experts and together we offer the best service to benefit each of our clients. We offer a pathway to a better health.

We believe that by providing our customers with a wide range of services at our *Salt Cave Halotherapy & Wellness Centre* - our customers are given the benefit of having excellent services at one location.

We offer a fantastic opportunity of having the best available services at one location. According to the needs of our clients, they can choose a single service or a combination of services during their visit to the *Salt Cave Halotherapy & Wellness Centre*.

Some of the services we offer are new to *New Zealand*. An earlier demographic survey indicated a need for these revolutionary services.

Salt Cave Halotherapy & Wellness Centre offers an ideal services for people living in *New Zealand*. *New Zealand* has high humidity levels and high prevalence of *respiratory tract infections*. The rates of *hospital admissions* from *Asthma* in 2013 were as follows: *under 15 years: 431 out of 1,000 head of population, 15-29 years: 128 out of 1,000, 30-64 years: 104 out of 1,000 and 65+ years: 89 out of 1,000*. There is a *four times greater risk of admission of child under 15 year due to Asthma*. There is also a *very high rate of hospitalisations in New Zealand from Bronchiolitis in the under one year age group (75 per 1,000: data from 2006-2010)*. Such a *high rate of respiratory illness is a burden on the families concerned and to the New Zealand health budget*. Clients with respiratory ailments may find that they will benefit from our *Himalayan Rock Salt Cave Halotherapy* service. Clinical studies have shown that *Salt Cave Halotherapy* can be beneficial for people suffering from skin conditions, ear conditions, snoring, sleep disorders, anxiety and depression caused by respiratory disorders.

The services available at our *Salt Cave Halotherapy & Wellness Centre* are:

- *Salt Cave Halotherapy.*
- *Vibrosaun Therapy.*
- *Colon Hydrotherapy.*
- *Mild Pressure Hyperbaric Oxygen Therapy.*
- *Cosmetic Teeth Whitening.*
- *Yoga & Meditation Classes.*
- *Healthy Me & Add-On.*
- *Personal Wellbeing Services.*

Colon Hydrotherapy:

An ancient way of cleaning our large intestine which is considered the *second brain of humans* in this new era modern way is also called *Colon Hydrotherapy*. *Colon Hydrotherapy* removes mucus build up, removes major source of toxicity which causes underlining medical conditions, hydrates the large intestine, and

improves peristaltic movement. After *Colon Hydrotherapy* your large intestine is restored - which allows your large intestine to absorb important nutrients, and restores the functionality of your gastrointestinal tract. Please contact *Salt Cave Halotherapy & Wellness Centre* or visit our website page for more details on *Colon Hydrotherapy*.

Pre-requisite qualification(s) to be able to study Colon Hydrotherapy:

- Must have completed high school certificate majoring in *Science* subjects particularly *Biology*.
- Have a general understanding of the concept of wellbeing,
- Must have done some courses on *Human Anatomy & Physiology* and on *Nutrition* or on *Healthy Living*.
- Have an understanding of *gut health* and its importance.
- The student's understanding of *digestive health* will be assessed via *MCQS*, which will be sent to the students electronically. This will need to be completed by the end of the session and returned for assessment.
- Before the start of the course, they will be assessed on their general understanding of *gut health* and its importance on *nutrition* or *healthy living*, their basic understanding of the *Colon Hydrotherapy* – by writing essay.
- Valid *First-Aid Certificate* or *Basic Life Support Certificate* or *CPR for Non-Clinical Staff (Level 2)*.

Total hours involved in Closed System Colon Hydrotherapy (Foundation Level) course will be of 200 hours and will be in three components:

- Self-study from resources provided. Must have done some courses on *Human Anatomy & Physiology* and on *Nutrition* or on *Healthy Living & Healthy Diet*. Understanding of *gut health* and its importance. Total hours involved will be about 50 hours.
- Self-study on *digestive health*, ways *Colon Hydrotherapy* have been done in the past and stage wise how there have been modifications depending on understanding and research, finally how the technique is currently done using *Close System Colon Hydrotherapy*. The student's understanding of digestive health will be assessed via *MCQS*, which will be sent to the students electronically after enrolment. This answered *MCQS* will need to be completed by the end of the session and returned for assessment. Before the start of the course, they will be assessed on their general understanding of *gut health* and its importance on *nutrition* or *healthy living*, their basic understanding of the *Colon Hydrotherapy* – by writing essay. Total hours involved will be about 50 hours.
- Face-to-face learning: These are practical hands-on-sessions. In this stage student will need to perform the procedure on each other and in end on real clients conducted under close supervision. Before they start this face-to-

face practical session, there will be a discussion about entire procedure with the student and a recap at the end for more clarifications. Then student will need to perform the procedure on each other for more confidence and a recap at the end for more clarifications. This will help the student to improve on their practical skills and conduct safe practice. This entire process will be conducted under close supervision. Once student has built confidence, they will be involved in consultations with real client from start to the end of the procedure and a recap at the end for more clarifications. This entire process will be conducted under close supervision. The student needs to complete a total number of 25 Colon Hydrotherapy practical sessions in order to complete the course (this includes a combination of observed plus hands-on Colon Hydrotherapy sessions). Total hours involved will be about 100 hours.

Way to assess for my student will be as follow:

- Assessment taken at the beginning of the course to test the student's knowledge of the general understanding of *gut health* and its importance on *nutrition* or on *healthy living* and basic understanding of *Closed System Colon Hydrotherapy*.
- Ensure that they have studied the resources provided and I have answered any questions/ queries they have had.
- A *MCQS* which will be sent out electronically after enrolment, which needs to be completed by the end of the session and returned for assessment before the start of the face-to-face practical sessions.
- Before the start of the course, they will be assessed on their general understanding of gut health and its importance on nutrition or healthy living, their basic understanding of the *Colon Hydrotherapy* – by writing essay.
- Case presentation plus practicum on each other during time of training. Conduct independent case presentation plus practicum on real client during time of training.

There will be only one level of qualification for this modality and it will be *Closed System Colon Hydrotherapy (200 hours) Foundation Level*. Upon successful completion will receive “*Certificate of Completion*” and will be advised to join an accrediting association or professional body where *Colon Hydrotherapy* practitioner would become member of organisation listed below:

- *International Institute for Complementary Therapists.*
- *Global Professional Association for Colon Therapy.*

As part of safe practice, we will make sure that students have good understanding of the *Closed System Colon Hydrotherapy* and the processes involved. I will go through with them any parts of the procedure they are unsure with or have any concerns with. I will make sure that they have good understating of the initial

screening process and know the indication, contraindication and adverse reactions (if any) before they can book clients. I will be there to support them during the initial appointments as part of their development / education. I will ensure that students have excellent hands-on-training sessions, are able to successfully troubleshoot and confidently manage any issues arising during the procedure. Once the students are confident, they will be allowed to perform the procedure with real clients. I will be present during the procedure to observe and support the students. At the end of the training, the students will be aware of the risks and safety hazards and how they can manage them. I will always be available in the future to help and support them in their journey of *Colon Hydrotherapist*. I will offer to assist the students to source the *Colon Hydrotherapy* device, speculums and other equipment and consumables, help with the installation of device at their practice. **“Certificate of Completion”** will be awarded to students who have fulfilled all the requirements of the training. If a student has not met the requirements of certain aspects of the training, they may be required to undertake some additional hours of training to complete the course. I can assist the students to apply for membership to professional or accrediting *Colon Hydrotherapy* organisations such as *International Institute for Complementary Therapists*, *Global Professional Association for Colon Therapy*. I can also help the student with their application for insurance coverage. I will also encourage the students to keep up-to-date with current knowledge and research on *Colon Hydrotherapy*.

Enrolment, application and teaching guideline “Policies & Procedures”:

Students are welcome to call or email to discuss their training needs or if they have any questions/queries before enrolment. They are also welcome to visit *Salt Cave Halotherapy & Wellness Centre* in person. Appointments are compulsory for visits as we become really busy with clients. There are no costs for visits if they are related to training/course.

Advice: It is important that you think carefully on whether the course suits your career needs. The final decision is yours. The processing fee of \$1,000 is non-refundable if document has been signed. To avoid disappointments, it is important that you decide carefully.

The course will be conducted in *English*. The first two phases of the course are independent learning where the course materials will be provided and students will be self-learning with an aim to complete the curriculum within a certain timeframe. It is the responsibility of the students to plan their work and achieve what they are required to with the support of the facilitator. During face-to-face, practical and in-service training, the student needs to visit *Salt Cave Halotherapy & Wellness Centre* in person for the duration of the training as agreed by the facilitator. Accommodation for the student, transportation costs, food expenses are not covered in the training costs. Students are expected to demonstrate professional and ethical behaviour during training and appropriate dress code is

essential. Students demonstrating disruptive, unprofessional, unethical behaviour will be dismissed from the class. This may result in legal action and in these circumstances training will be terminated with no possibility of refund. Taking care of personal belongings is the responsibility of the student. Recordings of any sort are not permitted during any practical sessions, in order to respect privacy and confidentiality of the volunteers and the clients. Total duration for the course is 6 weeks. This can be completed within a maximum timeframe of 6 months after enrolment is processed. Both parties - student and facilitator need to work closely with mutual agreement. Maximum time to completion of 6 months will be granted only in exceptional circumstances such as illness, or family commitment or any unforeseen circumstances. Decision will be made case-by-case basis and on agreement and understanding between both parties - student and facilitator.

Agree to pay a total of **NZ \$ 5500.00** as course fees. You have the option to pay the full amount or to pay in 3 instalments. Payment can be made by Epost payment or direct online transfer (***Our bank details are as follows: BNZ Bank, Account number: 02-0108-0478380-00. Please write your name and Colon Hydrotherapy course as reference***). There will be an additional 3% surcharge if you are using credit card to make the payment. The receipt for the payment will be emailed on request.

Once agreed enrolment, application form will be filled out. Out of the total NZ \$ 5500.00, \$1000.00 is application processing fee which is non-refundable once document is signed. ***Safe practice: We ask you to please think carefully about whether you wish to be enrolled for this course or not. This will help prevent and manage any unforeseen circumstances in the future regarding payments. If you enrol in the course and later change your mind, we will respect your decision and reimburse according to our refund policy. If you decide to enrol and complete the Colon Hydrotherapy course with us, we will look after you and support you in your studies.*** Once payment is made urgently, the student is required to send their documents as scanned copies via email to: saltcavenz@gmail.com (***passport copy, qualification certificates, latest curriculum vitae, cover letter, valid First-Aid Certificate or Basic Life Support Certificate or CPR for Non-Clinical Staff (Level 2)***) and any other accompanying documents that may help with the enrolment process.

The \$1,000 non-refundable processing fee needs to be paid at the time of enrolment. From the remaining NZ\$4,500, NZ\$2,000 needs to be paid within one week of email notification that you are enrolled in the course. Once payment is received and enrolment is completed “***Colon Hydrotherapy Reading Resources, Digital materials of GPACT Foundation Manual & GPACT Foundation Final Examination***” are sent out for your personal reading and MCQS assessment to student’s email. During this phase student can start their own self-study modalities and all resources will be provided via email. Students can communicate with

facilitator if they have any concerns and assistance can be provided as per need. Once this phase has started, if students change their minds, no refund of any amount from the paid amount of NZ \$2000.00 can be provided. This is because the facilitator has already started providing their time to the student.

The final balance of NZ\$ 2500.00 needs to be paid within one week before student visits the *Salt Cave Halotherapy & Wellness Centre* in person for face-to-face learning and practicum. (Once payment is made, student will be contacted and timetable for face-to-face learning and practicum will be provided). During face-to-face learning and practicum, students will have hands on experience with real with volunteers and with real clients on the *Colon Hydrotherapy* procedure. They will have practical sessions starting with consultation, pre-treatment and post-treatment sessions. These practical sessions will be performed under close supervision and support. At the end of the practical session, there will be a recap session where emphasis will be made on things that could be improved. 100% of attendance is required for face-to-face learning, as this is most important part of training. If due to unforeseen circumstances, the student is not able to achieve 100% attendance, the facilitator can request the student to take make-up session to cover to lost attendance for face-to-face learning and practicum. If there is a valid reason(s) for the lost time, the student will not be required to pay anything. If there is no valid reason for the absence, the student may be asked to pay an additional fee. The fee will be decided on case-by-case basis. Once the practical phase has started, and if the student changes their mind, no refund can be offered as the facilitator has already started providing their time and support to the student.

For any further inquiries, please contact me personally. It will be my pleasure to assist you with your queries as best as I can, so you can successfully complete this course.

It will be my pleasure to assist you in your journey to become a *Colon Hydrotherapist*.

God's Blessing.

Kind regards,

Prashant Saraf.

Email: saltcavenz@gmail.com

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:

Phone: (+64) 9-3907886

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](#).

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