



About Us

Breathe has partnered up with "Brain Builders" to offer integrative treatments and services to seniors, and any clients experiencing Neuro-compromising conditions such as Dementia, Alzheimers, Traumatic Brain Injury, and any type of Cognitive Decline Impairments. We are committed to supporting our clients through an "alternative" and metaphysical journey to using unique modalities that are designed to heal the body, mind, and spirit. Science supported treatments incorporating the most recent research and technology are offered.

Contact Us:



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@breathewh



Breathe WH @
BreatheWoodland Hills

Our "integrative" approach aims to address the physical, mental, emotional, and spiritual aspects of an individual's health, potentially leading to better outcomes and improved quality of life.



Brain Builders



Breathe

A Thoughtful Collaboration



Holistic Healing for Seniors

Where Science Meets
Spirituality



Breathe & Brain Builders are happy to offer the following treatments/modalities:

- Light Table Sessions including a 5-Therapy Biomat
- Sound Frequency Table
- Halotherapy Booth
- Oxygen Bar Using Aromatherapy Inhalents
- Eucalyptus Sauna
- Massage Therapy
- REIKI Energy healing
- Sound Healing

Specialized Classes:

- Meditation/Mindfulness
- Tapping
- Tai-Chi
- Yoga/Breathwork
- Somatic Healing



Halotherapy (Dry Salt) Booth Sessions to assist with all Respiratory Conditions.



Eucalyptus Sauna treatments incorporating the inhalation of heated Menthol Crystals and fresh eucalyptus.

More Offerings:



Light Table Treatments with 5-Therapy Biomat, Sound Healing and Aromatherapy.



Sound Frequency Table Sessions, including Cymatic Frequencies and Binaural beats.



Oxygen Bar Treatments with Natural & Organic Aromatherapy inhalents.

