



SOLSTACE

Where the rhythms of renewal
find sanctuary

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A Journey to the Sanctuary

Copyright Page

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The Call to Sanctuary

There comes a time when your own inner compass starts whispering for a place of rest. For me, that whisper had been calling for years.

As a chiropractor, functional medicine practitioner, and healer, I poured my energy into others, holding space for their pain and their breakthroughs.

But I could feel the need for a space where I could recharge—somewhere soft, quiet, and elevated, where stillness and beauty would heal me as profoundly as any technique I had ever learned.

Solstace was born from that calling.

Not as a business plan or a strategic brand, but as a vision—one I could feel before I could name. I envisioned clients stepping into a sanctuary where time seemed to stand still, where every detail felt intentionally crafted.

A place where healing wasn't just about the body, but about mind, spirit, story, and nourishment on all levels.

Seeds of a Vision

My journey to Solstace started long before I signed a lease or bought a single massage table. It began decades ago, as I moved through my own healing path.

Chiropractic school gave me a foundation in anatomy and evidence-based care. My college-level teaching experience reinforced my love for science, the magic of the human body, and the study of life, but my intuition pulled me further.

Over the years and in every practice environment that I entered over two and a half decades, I would feel pulled toward creating a sanctuary experience where the patient could truly pause, catch their breath, and heal multiple facets of themselves.

I began exploring frequency healing techniques, the result of subtle laws of physics on the human form, and the ancient truth that the body carries stories deeper than we know.

Solstace began as a wellness space, but it soon evolved into a way for me to integrate the science of care with the art of bioenergetics, creating a sensory environment that could connect with people on a deeper level, beyond words and logic.

This is where Solstace stopped being just an idea and began to feel alive.

Building the Experience

Creating Solstace was like painting with both hands—one rooted in practical design, the other in the intuitive language of physics.

This wasn't just about choosing colors or furniture; it was about creating a space that whispers calm.

Every aspect has been intentionally chosen.

The colors reflect expansion of physiologic centers; the shapes tell a story of the geometry of polarity; the second-floor location symbolizes an elevation of the body and mind. Just walking upstairs felt like entering a different world, leaving the noise of the world below while entering a place set apart for healing and restoration.

The salt wall for grounding, the soft lighting for ease, carefully selected essential oils and salts, the sauna signifying release, even the spelling of the name—was part of a larger story.

Solstace became more than a wellness space; it became sacred.

The Heart of Healing

At the heart of Solstace lies a unique belief that healing is not just a science, but also an art. It's a delicate dance between the tangible and the intangible, where we integrate Kathara healing, chiropractic knowledge, sound and light therapies, and sensory design elements to support the body's natural healing rhythms.

We integrate Kathara healing, chiropractic knowledge, sound and light therapies, and sensory design elements to support the body's natural healing rhythms.

Every service is created as an invitation, not just a treatment—an opportunity for clients to reconnect with themselves on a deeper level.

Solstace Today — The Living Sanctuary

Today, Solstace is more than a concept; it's a living sanctuary.

Each client enters an environment intentionally designed to soothe the nervous system.

At Solstace, we don't aim to be a high-volume spa. Instead, we offer an intimate haven where care is deeply personal and rooted in a sovereign experience.

Solstace is an invitation to rise, to breathe, and to reconnect with your body and spirit.

A Forward Journey

Solstace represents a culmination of years of study, healing, and growth.

It's a forward journey, one that evolves with every person who enters its doors, fostering personal growth and transformation.

Healing is not static, and Solstace is a reminder that care, like physics, is always in motion. This book is both a story and a guide—a doorway into your own dynamic journey toward wellness.

The Healing Process

The aim of Solstace is to release, resource, and nourish the body. This is the essence of true healing. The body cannot heal if the stresses of this world become overwhelming to the body.

As you begin to correct accumulated stresses, your body will let you know it is purging and rebalancing.

This has to do with an increase in the tone of your parasympathetic nervous system as you remove your body from its chronic fight-or-flight state.

In the holistic paradigm of health, this is known as a healing event, healing crisis, or Herxheimer reaction. This is not an adverse effect of treatment, is expected, and often a welcomed sign of change.

It demonstrates that the body (more specifically the digestive, immune, urinary, and nervous systems) is functioning more effectively than it has been able to do in the past and has been given an opportunity to actually heal itself.

Some symptoms that you may experience with the healing event include: body aches and pains, headache, fatigue, chills, sweating, flushing, nausea, diarrhea, crying, anger, and more.

Although unlikely, a healing event may last up to two weeks. Always discuss all symptoms and changes with your doctor.

Services at a Glance

At Solstace, every service is designed to release, restore, and nourish the body and to create a sense of sanctuary.

The ambiance at Solstace is enhanced with Halotherapy, Sound Therapy, and Color Therapy—elements woven into the space to calm the nervous system, foster stillness, and support healing.

Individual sessions can be combined according to your desires or you can choose from already tailored packages.

Signature Sanctuary Sessions

These exclusive and unique services are crafted for deep restoration and transformation and performed by Dr. Theresa Astrea or other sanctuary Master-Healer.

- *Solace* (Kathara Bio-Regenesis)

An advanced, 40- minute bioenergetic healing experience that blends ancient wisdom with subtle energy alignment. Dr. Astrea attunes to the body's energy rhythms, assessing energetic signatures through visualization. The session includes a medical intuitive reading and works with higher light codes to correct reversals, repair distortions, and nourish the body fostering deep clarity and balance.

- *Elysia* (Craniosacral Therapy)

In this 30-minute session, Dr. Astrea gently tunes into the myofascia and dural tube rhythms. Observing the craniosacral system's subtle pulses, the session invites the body into deep parasympathetic tone. Clients may experience temperature changes, emotional release, breathing changes, or a state of stillness as the body lets go of tension and shifts toward equilibrium.

- *Soma* (Myofascial Release)

This focused service uses gentle manual techniques, gua sha, gliding cupping, and trigger point work to release fascial restrictions and promote relaxation. Each session targets one body region and lasts approximately 10 minutes. It is non-therapeutic and purely intended to support ease and comfort in the body.

Select Sanctuary Sessions

Select from our core offerings for self-care and relaxation.

- *Ember* (Sauna)

Clients enjoy a 20-minute session of infrared and dry heat that promotes detoxification, relaxation, and circulation. The infrared waves gently penetrate the skin to help the body sweat naturally, easing stress, and supporting cellular renewal in a safe and peaceful environment. Each session may include a complimentary aromatherapy towel, premium water, and/or electrolyte sachet.

- *Lumina* (Red Light Therapy)

Supported by research from experts like Dr. Andrew Huberman, this session uses specific wavelengths of red light to energize mitochondria, boost tissue repair, and support overall wellness. Clients relax, with Joovv red lights aimed at their abdomen for up to 20 minutes, absorbing targeted wavelengths that refresh the skin and body at a cellular level.

- *Essence* (Aromatherapy Add-On)

This is a personalized essential oil enhancement to enrich your session experience. At Solstice, we use premium botanicals and oils for a deep sensory experience.

- *Drift* (Sound Therapy)

This 20-minute sound therapy uses the MindPlace Limina device to harmonize the brain through light and sound frequencies that gently entrain the mind into states of deep balance. Through the interplay of binaural beats and rhythmic light pulses, the brain begins to synchronize its hemispheres, shifting naturally into alpha, theta, or delta rhythms.

- *Resonance* (PEMF Mat)

In this 20-minute session, experience the transformative power of our PEMF mat. This is designed to enhance your wellness journey by promoting cellular healing and reducing stress. Utilizing Pulsed Electromagnetic Field therapy, our advanced mat supports overall health by improving circulation, alleviating pain, and enhancing relaxation.

Solstice Trinity Detox Protocol

Welcome to the Trinity Detox experience — a cellular rejuvenation session that blends heat, light, energy, and contrast therapy to support the body's natural detoxification, balance, and restoration. Each Trinity session at Solstice combines Sauna, Red Light Therapy, PEMF Mat, and an optional Cold Shower finale.

Purpose

The goal of the Trinity Detox Protocol is to gently activate detox pathways, improve circulation, enhance mitochondrial energy, and balance the nervous system. Using frequency-based healing principles, this session harmonizes with the body's physiology to promote deep relaxation, lymphatic flow, and overall vitality.

The Trinity Detox Protocol integrates heat, light, electromagnetic frequency, and contrast therapy to create a synergistic renewal experience. It reflects the Solstice philosophy — calming the nervous system, reviving cellular function, and restoring inner harmony through frequency modification.

Session Overview

- Duration: Approximately 75 minutes
- Sequence: Sauna → Red Light Therapy → PEMF Mat → Cold Shower (optional)
- Temperature: 100-120°F sauna (gentle heat for optimal comfort)
- Provided: Premium water and an electrolyte packet
- Environment: Calm, private space designed for full relaxation and recovery

Step-by-Step Protocol

1. ****Sauna (20 minutes at 120°F)**** – Begin your session by relaxing in the Solstace infrared sauna. This gentle warmth stimulates circulation, encourages sweating, and mobilizes toxins for elimination. Sip premium water during your session to stay hydrated.
2. ****Red Light Therapy (20 minutes)**** – Transition into the healing red spectrum. Red light and near-infrared wavelengths penetrate deep into the skin, stimulating mitochondrial ATP production and supporting cellular repair. This phase enhances recovery and calms inflammation.
3. ****PEMF Mat (20 minutes)**** – Conclude your primary session by lying on the Pulsed Electromagnetic Field mat. This therapy helps recharge cellular voltage, improve microcirculation, and restore nervous system balance. Clients often experience a grounded, peaceful sensation after this stage.
4. ****Cold Shower (1–3 minutes)**** – Finish with an invigorating cool or cold shower to activate circulation, tighten pores, and seal in the detox benefits. The temperature contrast stimulates the vagus nerve, enhances lymphatic flow, and leaves you feeling refreshed and alert. Breathe deeply and allow your body to adapt gradually to the cool temperature.

Enhancements

- Add optional aromatherapy for detoxification, grounding, or relaxation.
- Premium water is provided post-sauna to support hydration and recovery.
- Clients may rest under dim light following the session to extend the meditative calm.

Aftercare

After your Trinity session, rest and allow your body temperature to stabilize. To optimize the benefits of your session, continue hydrating, avoid alcohol, and enjoy fresh fruits and veggies. Some clients enjoy journaling, light stretching, or meditation afterward to deepen the relaxation response.

Solstace Inviting The Light Protocol

The Solstace Inviting The Light experience is a multisensory immersion designed to synchronize mind and body through light frequencies and sound. This session combines Red Light Therapy, PEMF Mat, and Brainwave Entrainment to calm the nervous system, enhance cellular energy, and restore mental clarity.

Purpose

The Inviting the Light Protocol balances both hemispheres of the brain, promotes mitochondrial repair, and enhances brainwave states for relaxation and focus. It supports recovery from stress, sleep imbalances, and energetic depletion by harmonizing electrical and photonic activity within the body.

Inviting The Light integrates light frequencies and sound into one harmonized experience. By blending Red Light Therapy, PEMF, and Brainwave Entrainment, it calms the nervous system, revives cellular energy, and restores inner balance through the body's biochemistry.

Session Overview

- Duration: 60 minutes
- Sequence: Red Light Therapy → PEMF Mat → Brainwave Entrainment
- Provided: Premium Water for hydration and optional aromatherapy
- Environment: Dim lighting, halotherapy, calm ambient sound, and frequency-based harmonics

Step-by-Step Protocol

1. **Red Light Therapy (20 minutes)** – Immerse in soft, healing wavelengths of red and near-infrared light. This photo-biomodulation process stimulates ATP production, reduces inflammation, improves mood, and primes the nervous system for more profound relaxation.
2. **PEMF Mat (20 minutes)** – Lie on the Pulsed Electromagnetic Field mat to recharge cellular voltage and restore the body's natural energy rhythms. The frequency pulses support microcirculation, balance the autonomic nervous system, and enhance the body's electromagnetic coherence.
3. **Brainwave Entrainment (20 minutes during another session pieces)** – Using headphones or ambient speakers, enjoy a curated sequence of binaural or isochronic tones designed to entrain the brain into calm and balanced wave patterns. These frequencies guide the brain toward restorative alpha or theta states, reducing mental noise and enhancing focus.

Enhancements

- Clients may wear an eye mask during the Brainwave Entrainment phase to deepen sensory relaxation.
- Optional aromatherapy can be added for grounding and emotional centering.
- Premium Water is provided for hydration during or after the session.

Aftercare

After your light & sound session, take several minutes to sit quietly or stretch gently. Continue hydrating throughout the day and avoid overstimulation (such as caffeine or bright screens) to preserve the entrained calm state.

The Solstace Aurora Experience

The Solstace Aurora experience is a radiant immersion designed to awaken the body's inner dawn through the fusion of Kathara Bio-Regeneration, Infrared Sauna, and Red-Light Therapy. This session gently restores energetic alignment, purifies through heat, and infuses photonic vitality to renew both body and field.

Purpose

The Aurora Protocol harmonizes subtle energy grids and physical systems through the interplay of light, heat, and consciousness. Kathara Bio-Regeneration clears energetic distortions, the Infrared Sauna promotes deep detoxification, and Red-Light Therapy stimulates mitochondrial repair and tissue rejuvenation. Together, they guide the nervous system into a calm, restorative state while awakening cellular vitality and coherence.

Session Overview

- Duration: 60 minutes total
- Sequence: Kathara Bio-Regeneration → Infrared Sauna → Red Light Therapy
- Provided: Premium Water for hydration and optional aromatherapy
- Environment: Soft lighting, halotherapy atmosphere, and sound harmonics for deep relaxation

Step-by-Step Protocol

1. Kathara Bio-Regeneration (20 minutes) – The session begins with a gentle, energetic realignment that re-establishes coherence within the body's

multidimensional energy grids. This phase prepares the bio-field for enhanced detoxification and photonic absorption.

2. Infrared sauna (20 minutes) – Allow gentle radiant heat to penetrate deeply, promoting circulation, lymphatic flow, and cellular detoxification. The sauna's far-infrared spectrum supports muscle recovery and balances the autonomic nervous system.
3. Red Light Therapy (20 minutes) – Conclude with soft red and near-infrared light exposure to activate cellular ATP production, accelerate tissue repair, and infuse the system with renewed vitality.

Enhancements

- Add optional aromatherapy for detoxification, grounding, or relaxation.
- Premium water is provided post-sauna to support hydration and recovery.
- Clients may rest under dim light following the session to extend the meditative calm.

Aftercare

After your Aurora session, take several minutes to rest in stillness. Continue hydrating throughout the day to aid detoxification. Gentle stretching or slow breathing helps anchor the renewed flow of energy. Avoid stimulants or heavy activity immediately after to preserve the restorative effects.

Contraindications by Service

It is extremely important to know your body and your health. Please be aware of contraindications and consult with your medical doctor prior to scheduling your healing packages. Below is a list of common contraindications.

Infrared Sauna

- • Pregnancy
- • Hemophilia or bleeding disorders
- • Fever or acute infection
- • Recent joint injury
- • Low blood pressure (hypotension)
- • Pacemakers or defibrillators
- • Heat insensitivity
- • Chronic conditions (e.g., MS, heart disease)
- • Alcohol or drug intoxication
- • Age under 18

Red Light Therapy

- • Pregnancy
- • Photosensitivity disorders (e.g., lupus)
- • Active or history of cancer
- • Photosensitizing medications (tetracyclines, lithium)
- • Hyperthyroidism
- • Black pigmented tattoos in the treatment area
- • History of herpes outbreaks

PEMF Mat Therapy

- • Implanted devices (pacemakers, cochlear implants, defibrillators, intrathecal pumps, spinal stimulators)
- • Pregnancy
- • Active bleeding (including heavy menstruation)
- • Epilepsy or seizure disorders
- • Organ transplants
- • Active cancerous tumors
- • Fever, sepsis, active infections
- • Metal implants (case-by-case)
- • Overactive endocrine glands

Halotherapy (Salt Therapy)

- • Active infections or fever
- • Tuberculosis
- • Bleeding or cardiac insufficiency
- • Severe or uncontrolled hypertension
- • Advanced COPD (stage 3)
- • Lung cancer (consult oncologist)
- • Open wounds
- • Pregnancy (consult doctor)

- • Hyperthyroidism
- • Kidney disease

Aromatherapy

- • Heart problems, epilepsy, asthma, COPD, diabetes
- • Pregnancy (certain oils contraindicated)
- • Babies, children, elderly (use caution)
- • Photosensitive oils (citrus oils)
- • Medication interactions

Sound Therapy

- • Severe auditory sensitivity
- • History of trauma triggered by sound

Neurofeedback

- • Uncontrolled epilepsy
- • Severe psychiatric conditions
- • Inability to cooperate
- • Active substance abuse
- • Neurological conditions (e.g., TBI)
- • Severe depression or thought disorders
- • Disruptive, impulsive behaviors

Kathara Bio-Regeneration Technique

- • Recent injury or surgery recovery
- • Heart disease or high blood pressure
- • Serious infections
- • Pregnancy

- • Medication interfering with energy/physical activity
- • Weak constitution
- • Fear or resistance to energy activation
- • Lack of proper training or ethical practice

Craniosacral Therapy

- • Recent head trauma/concussion
- • Cerebral aneurysm or stroke
- • Intracranial hemorrhage
- • Active infection
- • Chiari malformation or brain tumor
- • Severe seizures, MS, Parkinson's disease
- • Blood clotting disorders
- • Severe osteoporosis
- • Whiplash or neck injuries

Myofascial Release (MFR)

- • Active cancer
- • Aneurysm
- • Systemic infection or fever
- • Open wounds, sutures, large hematomas
- • Contagious skin conditions
- • Acute injuries
- • Healing fractures
- • Severe osteoporosis
- • Deep vein thrombosis (DVT)
- • Use of anticoagulants
- • Circulatory issues

Referral to Natural Wayz

This is a selective and invitation-only care option by Dr. Theresa Astrea for functional health services. These services aim at the origin of dysfunction. Interested clients can schedule a phone interview to see if their case will be accepted by Dr. Astrea for wellness chiropractic and functional medicine services.

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