



Changeland



The logo of Changeland symbolizes:

- Our earth and its caves, when man finds shelter, relaxes, shares experiences, learns and grows
- The Crystalotherapy salt caves, where we relax, we get rejuvenated and in which entry and exit follows a gradual spiral course
- The space, where is applied the participatory and continuous process of pursuit of human knowledge, through change (Changeland)

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Photographer Piotr Marski

the only reason you need to change is to become better...

Dear friends,

My multi-year professional and academic activity in the fields of change in all the respects of the human activity, proves that the spiritual, social, bodily and mental growth, i.e. our completeness, is possible when we change, in order to become better. To become more simple, humane, substantive, spiritual.

Thus, imagine small, mental fields, where knowledge, design and the appropriate management are applied, aiming at the rejuvenation and the growth, through change.

The "Land of Change", the company Changeland, offers products and services, which aim to help progress & evolve Man himself, as well as their Civil (Cities), Academic (Universities) and Pro-

fessional (Companies) environment. In Changeland, we have developed a modern and dynamic world, which achieves growth, by means of an anthropocentric philosophy.

My personal adventure, or better, my course through my own fields, the totally mine things, led me to the truth of simplicity and substance, but always with my own subjective tinctures! Welcome to the "Land of Change"!

*With friendly regards,  
Dr. Vasilis Masoulas  
Inspirer, Founder & President of Changeland*





# Changeland

## About Changeland

It was established by Dr. Vasilis Masoulas. The company Changeland focuses on the areas of:

- Personal and team rejuvenation, rebirth and well-being, by means of the distribution, management and franchising of salt caves Crystalotherapy.
- The growth, by means of the provision of advisory services to companies, organizations, Municipalities and Governments.

It is a modern, dynamic company, which creates products and services in order to improve your own quality of life. How? By means of an **anthropocentric philosophy**, which is based on the offer without limits of knowledge, specialization, experience, use of pioneering & proven methods and friendly service, as well as by emphasizing in **health, safety** and **respect to the environment**.

As a result of the application of this particular selection of values Changeland:

- Introduced in 2008 the rejuvenation **"Salt Caves Crystalotherapy"** for the first time in the South of Europe, America, Africa, Middle East and Asia, after their successful operation for many years in countries of North and Central Europe. Since then, the scenery of the intense rhythms of stressful life of our fellow human beings has changed.

- Materialized the multi-discussed **connection of the academia with companies**, by means of applying the Changeland Model in University post-graduate courses, initially as a pilot project in 1999 and systematically since 2000. The aim is to sufficiently equip tomorrow's managers in **participatory & client oriented** instant improvement of all the enterprises, (>15% improvement of the rates in 6 months).

- Introduced and applied in several countries the new and globally acknowledged model of **structured Growth of the existing urban structures**. This is a model that changes our cities, by making them more humane, creative, friendly, and, in the end, viable (Cities of Knowledge).

Published the first book, which describes the practical application of all the above, which places Man in the front line (*Management & Growth in the new economy*).



## What does Changeland do for you in the area of well-being

Changeland changed the status quo in the area of well-being and rejuvenation, and made known all over the world the beneficial properties and the value of salt-therapy!

It established the **"Crystalotherapy Rejuvenation Salt Caves"**, the modern, ecological and aesthetical spaces, where the protagonist is mineral salt and the significant properties of **salt-therapy**. Crystalotherapy offer you unique moments of relaxation, as well as the opportunity to buy **elegant decorative items** (paintings, lamps, sculptures etc.), which are made from... salt (!) and which absorb the energy of the electric appliances & set free ions of salt, which are relaxing, resting and rejuvenating you.

In case you are enthused by the "Crystalotherapy" and you wish to have **your own Salt Cave** in your personal (home) or professional (office) area, Changeland undertakes to install it. By means of the Crystalotherapy franchise, the company creates

salt caves in hotels, airports, corporate buildings, gyms, ski resorts, schools, nurseries and elsewhere.

Moreover, Changeland **decorates interior areas** with mineral salt of various colors and types (rocks, tiles, bricks, mosaics etc.).

At the same time, Changeland aims at the strengthening of entrepreneurship, by means of the method of franchising of the **"Crystalotherapy Salt Caves"**!

Through its dynamic and modern profile and a clear & specific corporate policy, Changeland is close to People, close to You, with rare and valuable services and products...

**just like salt-therapy!**





## Experience the absolute relaxation

Enjoy your visit and your stay at exceptional areas, which enriches you with the unique attributes of **salt-therapy**. The "Crystalotherapy", the first "Rejuvenation Salt Caves" in the

World, constitute modern and **aesthetical** meeting points for the friends of well-being, relaxation, illness prevention and well-living!



## Count 45 minutes... they are equal to 4 days in the sea aura!

The many years of presence of the salt caves in European countries, has made the 45-minute stay at the salt cave as an ideal relaxation time.

**The first 5 minutes** of your visit are an introduction to a unique experience, the starting point for the conquest of well-being. The beginning of the absolute relaxation journey!

**After that...** the lights and the music become discrete, they fade out and your senses taste the miracle of **salt-therapy**, **light-therapy** and **music-therapy**.

**During the last 5 minutes** of your visit, the levels of the light and the music are restored! And you simply don't want to get up from the comfortable chaise longue and when you do... you feel as you have been reborn.

Throughout the session, the salt-mine air-conditioning system keeps the air of the cave fresh and rich in ions of salt.

An important role to that is also played by the **waterfall** and the **salinas** (natural ionizer and humidor). After the end of your visit, the room is prepared for the next visit.

Researches and scientific studies, relevant to salt-therapy, confirm that **the relaxation cycle of 45 minutes inside the cave is equal to four days of exposure at the sea aura**.

Just 10 visits are enough, in order to complete a rejuvenation cycle! And then observe the differences in stress levels and the physical fitness of your organism.



# Enjoy the micro-climate with the great value

A first visit is enough, in order for you to discover the relaxing and beneficial properties of the rejuvenating "Crystalotherapy Salt Caves". What you will feel is almost magical and it will bring your body and your mind in a state of perfect balance. Researches and studies have proven the beneficial value of the micro-climate of the salt caves, such as "Crystalotherapy", during pregnancy, both for the mother and for the embryo, as well as in the following cases of diseases:



### RESPIRATORY INFECTIONS

- Upper respiratory system infections
- Asthma and bronchitis
- Sinusitis
- Chronis obstructive pneumonopathy
- Bronchiectasia
- Chronic pararhinocolpitis
- Chronic parasinusitis
- Pneumonoconiasis



### SKIN DISEASES

- Acne
- Dermatitis
- Allergies
- Psoriasis

### ANTI-AGEING

- Delay in skin aging
- Wrinkle removal



### CARDIOVASCULAR DISEASES

- Hypertension
- Circulatory insufficiency
- Post-infarct period



### NERVE SYSTEM DISORDERS

- Stress
- Chronic fatigue syndrome
- Panic attacks
- Improvement in ability to concentrate
- Depression



### GASTROINTESTINAL DISEASES

- Large intestine inflammation
- Crohn's disease
- Ulcerative colitis
- Spastic colon colitis
- Chronic constipation
- Malabsorption problems
- Gastritis
- Stomach & duodenal ulcer



### DISORDERS OF METABOLISM

- Contribution in facing obesity
- Diabetes



### SKELETAL SYSTEM DISORDERS

- Prevention of osteoporosis
- Discopathy - back pains
- Treatment of pains from rheumatopathy & chronic osteoarthritis



## Travel in the world of salt-therapy

Its history is rich and interesting. Known since the old times, salt-therapy is an experience for the body and the spirit. It offers well-being, relaxation, by helping at the same time the **natural protection** and strengthening of the organism.

In the beginning of the 20th century, they noticed that **salt-miners** had reduced respiratory problems, which was directly linked with their professional activity. Therefore, the first restoration clinics were established **inside the oldest salt-mines** of the world, in the cities of Wieliczka and Bochnia in Poland, which were visited on an everyday basis for 15 - 20 minutes by persons with respiratory and skin problems. The results were encouraging and the condition of the health of the patients was improving. Today, countries such as **Russia, Poland, Romania, France, Germany, Czech Republic, Slovakia, the Netherlands, Belgium, Italy, Greece** and the **USA**, trust the power and the properties of salt-therapy.

Staying in properly shaped-up areas, salt caves, just like the "Crystalotherapy", comprise the most popular method of salt-therapy. **The secret** of these spaces is simple... their air is enriched with salt trace elements and ions (iodine, calcium, magnesium, potassium, iron, sodium etc.). These are elements which the human organism absorbs in a natural way, mainly by means of respiration and also through the pores.

**The result?** Bodily relaxation and the strengthening of the sense of good health (rehabilitation). Body and mind come to a perfect balance and you feel rejuvenation, well-being. You feel better than ever!

By means of the installation of the "Crystalotherapy Salt Caves", its services and its salt products, Changeland introduces to you the **miracle of salt-therapy**.





## Play the Kids and the Adults!

Apart from a simple salt-therapy session, the "Crystalotherapy" friends of all ages can also schedule and enjoy the following activities\* in their favorite place:

- Family or friendly gatherings
- Creative, entertaining & healthy activities for children (theater, story telling, music concerts, parties)
- Corporate meetings & seminars (relaxing, creative & effective)
- Business appointments with clients and associates
- Meetings of unions and teams
- Relaxation bachelor parties & wedding photo sessions
- Group therapy & speech-therapy

- Yoga, stretching, tai chi, Pilates, reiki, pranic healing, massage (On site, rejuvance, shiatsu, réflexologique), etc.

Your stay in the Crystalotherapy Salt Caves is not allowed in case of fever or contagious infections. However, immediately after the fever has gone, the visit to the cave significantly contributes to your quick recovery. Moreover, patients on chemotherapy can enjoy the properties of the Crystalotherapy Salt Cave after completing their treatment.

Lastly, the advice of your doctor is compulsory, in case of kidney disease or iodine allergy.

*\*According to the target markets and services to be provided, the salt cave (& reception) is designed and equipped accordingly.*



Unique meetings  
with clients

Creative & constructive  
business collaborations





## Rejuvenation with a global technological patent

An area made just for you, closely connected with quality of life and good condition of body and mental health, bases its operation on a very interesting technological motif.

A global patent, which combines mineral and sea salt, aiming at the creation of a micro-climate, which reproduces the therapeutic properties of the atmosphere of a salt-mine.

When **mineral salt** is in temperature higher than 18° it releases in a natural way it healthy ions and trace elements, without losing its crystal structure and attributes. **Sea salt** is not a crystal and does not have this behavior.

“Crystalotherapy” salt caves have a **micro-climate**, which is rich in beneficial ions and trace elements of mineral salt, and “kill” bacteria and other harmful microorganisms by natural means, due to (a) the complete coverage of all walls, roof and floor with high quality mineral salt rocks and (b) through salt-mine air-conditioning systems which maintains the temperature levels between 19° and 23°!

The floor is covered at with a mixture of mineral salt from Polish mines (70%) and at with Dead Sea salt (30%). By increasing the temperature of the heated floor, salt releases ions, further enriching the beneficial micro-climate of the area.

The walls and the ceiling are covered with more than 20 tons of mineral salt. The **salt rocks** are jointed with **natural materials** (glues based on **natural resin**) and are supported by **wood**, just like in the salt-mines. There is no plaster or other artificial material used (for decorative or construction purposes) in the interior of the “Crystalotherapy”, because the application of this particular material in environments rich in ions of salt causes focuses of bacteria.

Two different types of lighting, special photo-diodes scattered at

the ceiling, together with crystal salt lamps in the walls of the cave, diffuse light through salt, and create special **light-therapy** systems (amongst others, it affects positively stress, fatigue and depression). Therefore, your body absorbs energy, which then travels through the nerve system to the point where it is more needed!

Inside Crystalotherapy Salt Caves are diffused the beneficial properties of colors, such as the crystal white of sea salt, and shades of orange, yellow and red.

**Orange** strengthens the sense of safety and helps in the function of the nerve system, the urine bladder and your kidneys. **Yellow** boosts concentration and has a positive effect on your pancreas and liver. **Red** contributes in the sense of rejuvenation, while at the same time helping the heart and blood circulation. **Pink** fills your organism with emotional fullness. Lastly, **brown** reminds you of your bonds with the earth, by giving you spiritual and bodily balance.

During your session in the Crystalotherapy Salt Cave, you also enjoy the therapeutic properties of an approved **therapeutic music**, which has been created by experts in otology, psychology, education, anthropology, psychoacoustic and music.

The members of the Salt Cave Crystalotherapy can choose one of the following programs, during their session:

**Sounds of the forest and nature**

**Digestive Ulcer**

**Headache / Migraine**

**Post-trauma / post-operation treatment**

**Music for Pregnancy**

These pioneering music programs consist of compositions chosen and instrumented in such a way, so as to improve the brain functions, while at the same time they constitute a wonderful hearing experience for everybody!

## Discover the trace elements of salt

The secret of the Crystalotherapy salt caves is simple: the air circulating is enriched with 84 trace elements, which are absorbed by the body through our respiratory system and lead to relaxation, rejuvenation and balance of our organism. The most important trace elements are:

**Calcium (Ca):** It constitutes 2% of the human body weight, with the 99% of the aforementioned percentage being located in the bones and teeth. Calcium helps in the creation of the bone mass; it prevents osteoporosis and, in conjunction with magnesium, contributes in the good functioning of the heart. Lastly, it participates greatly in the coagulation of the blood and the activation of the enzymes.

**Magnesium (Mg):** A main ingredient of the bones and teeth, which helps in the proper functioning of metabolism and activates many enzymes. Magnesium restores calmness in the nerve and muscle fiber and reduces pressure. It fights significantly psychic diseases, such as depression, as well as the breaking of kidney stones.

**Selenium (Se):** It has strong anti-acid action (similar to that of Vitamin E) and, therefore, fights free roots. Selenium protects the heart and functions preventively against the appearance of certain types of cancer. By keeping the elasticity and the durability of the tissues, it delays ageing. Lastly, it helps the procedure of reproduction, by having affecting men positively, while at the same time it strengthens the natural defense of the organism.

**Sodium (Na):** Together with potassium, it regulates the osmotic pressure in the cells. It is directly linked with the muscular contraction and the functioning of the muscular system in general. It secures the levels of water in the organism and keeps the balance of the ions in the blood.

**Iodine (I):** It activates the muscles and the cells of the nerve system. It participates in the formulation of the hormones of the thy-

roid. These hormones are considered as playing a very important role for the growth of infants and adults.

**Fluorine (F):** Together with calcium, it helps the health of the bones and the teeth. It supports the organism in its battle against contagious diseases and the quick renewal of the destroyed tissues. Fluorine also prevents osteoporosis.

**Copper (Cu):** It is necessary for the metabolism of the cells and the production of the connecting tissue. It helps the storing and the metabolism of iron in a type of hemoglobin, as well as the formulation of red cells. Copper also contributes in the good condition of bones, the creation of myelin and fighting against infections.

**Iron (Fe):** It is necessary for the composition of hemoglobin and some enzymes, which are responsible for the transportation of oxygen in the various organs and the muscles. It contributes in the growth of man, it strengthens the organism against diseases and it prevents fatigue.

**Potassium (K):** It controls the content of water of the cells. Potassium regulates the functioning of the nerve system, the muscular contractions and keeps the correct number of ions in the human body. It protects the heart against arrhythmias and, together with sodium, keeps the balance of water in the organism. Moreover, it is also necessary for the emission of insulin, the metabolism of the carbohydrates and the composition of proteins.

**Bromine (Br):** It has a catalytic action towards the good health of the skin, it relaxes the muscles and the nerve system.



The waterfall with the watermill

and the salinas enrich the air of

the cave with ions of Polish salt

and enthuse the little friends of

Crystalotherapy!







## Collaborate with us

The company which created the "Crystalotherapy", was the first to bring the miracle of salt-therapy to many countries worldwide, has a vision, values and targets.

Such targets include the operation of corporate stores and franchising.

Through the salt cave businesses, Changeland is expanding & looks forward, by investing in pioneering methods, qualitative products and services, as well as in capable franchise associates.

Changeland offers you the opportunity...



## Put some salt in your life!

### Enjoy the miracle of salt-therapy in your own home! Install a My Salt cave or My Salt chamber

- Use: domestic, in an underground or ground-floor space
- Strenght of micro climate: 45' stay inside the saltcave = 2 days at clean sea aura.
- Minimum size: >12m<sup>2</sup>
- Min capacity: 2 persons (12m<sup>2</sup>)
- Room specifications: height > 2.8 m, floor load capacity > 450 kgr/m<sup>2</sup> for MySaltcave or > 350 kgr/m<sup>2</sup> for My Saltcamber
- Time of installation: 1-2 weeks

### Offer exoticism, health & unique luxury to your clients! Install a Salt cave Crystalotherapy Light

- Use: professional, as a part of an already existing infrastructure in a hotel, sports center, ski center, airport, elderly home, shopping mall, office building
- Strenght of micro climate: 45' stay inside the saltcave = 3 days at clean sea aura.
- Recommended size: > 25m<sup>2</sup>
- Min capacity: 5 people
- Reception: separate or common with other units
- Room specifications: ground-floor or underground, square size, height > 2.8 meters, floor load capacity > 450 kgr/m<sup>2</sup>, three-phase electricity current
- Time of installation: 1-3 weeks

### Invest in salt! Install a Saltcave Crystalotherapy

- Use: professional (franchise), as an independent unit
- Strenght of micro climate: 45' stay inside the saltcave = 4 days at clean sea aura.
- Recommended size: > 40m<sup>2</sup>
- Min capacity: 10 people
- Reception: Separate, >18m<sup>2</sup>
- Room specifications: ground-floor or underground, square size, height > 2.8 m, floor load capacity > 500 kgr/m<sup>2</sup>, three-phase electricity current
- Time of installation: 2.5 - 4 weeks

### Reasons to choose the Crystalotherapy rejuvenation Salt Caves

- Easy, quick, economical installation, integrated business services
- No maintenance required, no cost of sales, guarantee
- Easy use - visitors keep their clothes on/do not get wet nor sweat!!
- Immediate fighting against Stress, Allergies, Respiratory problems, Obesity, Aging
- Health, Wellness & Entertainment for all ages
- They are preferred by hospitals, in order to heal diseases in the Respiratory system, the Arterial and Cardiac system, the Nervous system, Skin diseases, Thyroid, Allergies, Gastric system, Rheumatisms, arthritic problems, skeletal pains

### Where to find our Salt Caves

Visit one of the more than 100 salt caves in countries like Germany, Holland, Poland, Czech Republic, Slovakia, Greece. Some of them are operating inside hospitals (e.g. "Saint Josef" state hospital in the city of Mikolow in Poland).



Salt cave Crystalotherapy



Salt Chamber Crystalotherapy



Salt Sauna Crystalotherapy

### Install a Salt Chamber-Room Crystalotherapy

- Strength of Micro climate: 30 minutes stay inside the salt room = 2 days at clean sea aura
- Use: professional and domestic • Time of installation: 14 days
- Room specifications: height > 2,5 m, floor load capacity > 320 kgr/m<sup>2</sup>
- Size: Minimum 10 m<sup>2</sup>

### Install a Salt Sauna Crystalotherapy

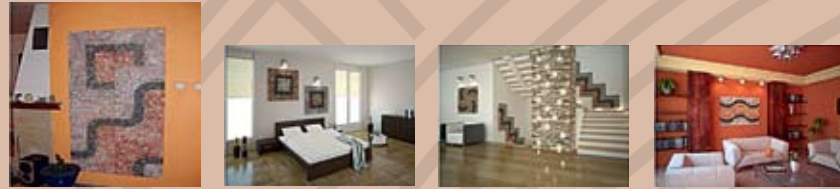
- Strength of Micro climate: 30 minutes stay inside the salt sauna = 1,5 day at clean sea aura • Use: professional and domestic
- Time of installation: 10 - 14 days
- Room specifications: height > 2,8 m (with salt roof) or 2,2 m (wooden roof), floor load capacity > 440 kgr/
- Size: Minimum 1,4m X 2.0m (2,8 m<sup>2</sup>)



## Decorate with therapeutic mineral salt!

Interior decoration (walls backsplash) with mineral salt of various colors.  
Paintings, Mosaics, Sculptures, Lamps from mineral salt.

The more time we spend in an environment with mineral salt,  
the better for our well-being.



Crystalotherapy  
the salt way to feel good

## Give salt as a present!

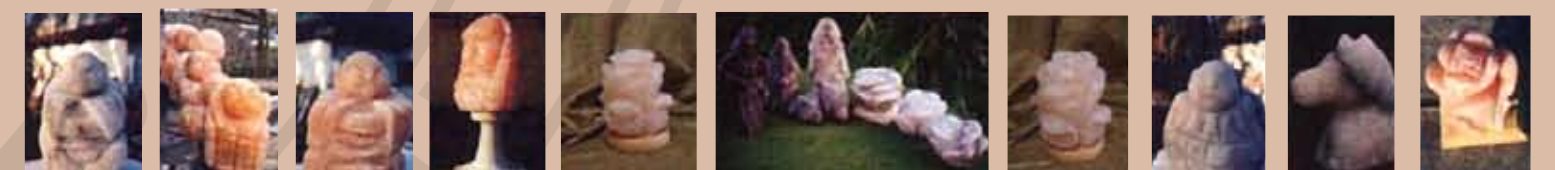
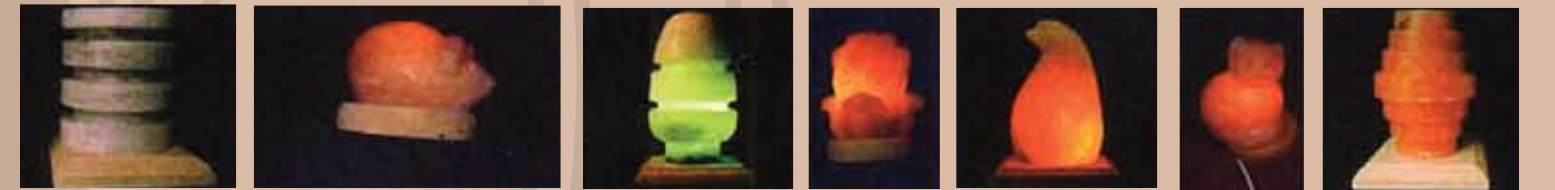
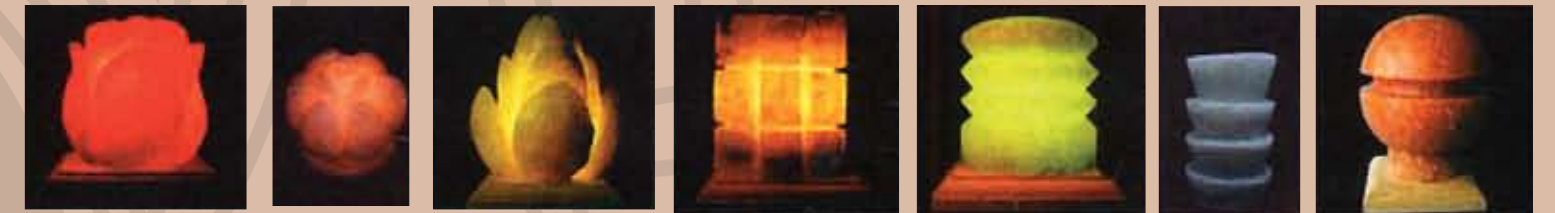
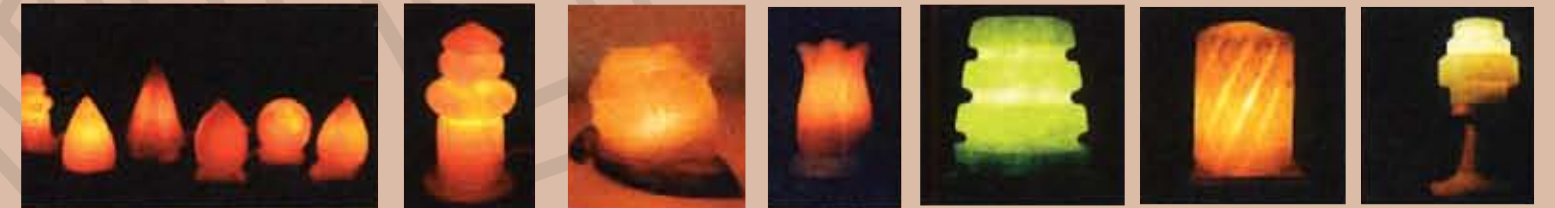
The crystals of salt from the salt-mines of Poland and Kashmir are uninfected from environmental aggravations. They have the highest content of trace elements of salt with 84 of the most nutritional ones for men.

When they are extracted from the mines, the crystals are shaped by specialized craftsmen, who use primeval techniques and skills they learned from their grandfathers, in order to produce a piece of art of an exceptional natural beauty.

Each lamp and sculpture is distinctive and exceptional, due to

its unique color and shape. When on, the salt-lamp operates as a **natural ionizer**, by releasing healthy negative ions of salt in the atmosphere, which counterbalances and **neutralizes the aggregation of positive ions**, which are produced by modern materials and appliances (e.g. computers, TV, air-conditioners), as well as smoking.

It offers us a **natural protective shield**; it improves our health and well-being, whereas it also proven that it helps us against various physiological, mental, asthmatic and allergic conditions.







Crystalotherapy  
the salt way to feel good

## Experience the miracle of salt-therapy

Relaxation, well-being, rejuvenation, the sense of good health, the power in body and mind are priceless. Visit the Crystalotherapy Salt Cave, experience the meaning of friendly and high quality services. Enjoy a modern place, which will fill you up with **positive energy!**

### I. Salt cave Health & Relax (H & R) for All

- Salt cave H & R
- Salt cave H & R exclusive
- Salt cave Day 4 Lovers
- Salt cave Family
- Salt cave Reflexology
- Salt cave Rejuvance massage
- Salt cave Shiatsu massage
- Salt cave Reiki

### II. Salt cave and Children

- Salt cave Kids Theater
- Salt cave Kids Music Concert
- Salt cave Kids Party

### III. Salt cave services to companies / groups

- Salt cave meeting / seminar
- Salt cave group therapy
- Salt cave Yoga, Pilates, etc.
- Salt cave Company Club

Remember:

- **Infants** up to 2 years old enjoy the miracle of salt-therapy free of charge.
- **Children** of 2 up to 18 years old and **students** have 50% discount.
- **Senior citizens over 60 years old & disabled persons** have 50% discount.
- The **Special visits** (Business meetings & seminars, group sessions, Massage, Kid's services) are scheduled following communication.

Make a booking at your closest salt cave at [www.changeland.com](http://www.changeland.com)



Salt cave Massage



Salt cave Kids Activities



Salt cave seminar



Salt cave Music Concert



Salt cave Kids Theater



Salt cave Reflexology



Salt cave Shiatsu



Salt cave Yoga

## Hygiene - Safety - Respect for the Environment

HSE is Changeland's Top Priority, is embedded in everything we do and differentiates us from everyone else in 4 major areas:

I. At our Salt Caves we use only natural material: mineral salt, wood & gum resin as glue. The salt cave is fully covered with mineral salt rocks (floor, walls, and ceiling).

- No use of gesso, plaster, artificial resins or sea salt white bricks made in molds (in such a salty environment these materials become bacteria nests and require expensive & dangerous Ultraviolet lamps to clean)

- No use of mineral salt tiles (they do not comply with the therapeutic requirements, should be used only for decoration purposes but not inside salt caves).

- Sea salt use is kept to a minimum & only at the floor (low ion generation, quality & purity)

- No mechanical or artificial means for 'spraying salt' of questionable quality (salt oxidizes mechanical parts which spray also unhealthy oxides).

II. The electrical system meets highest standards of safety, economy & environmental specifications. Salt is a positive conduit of electricity, hence in Crystalotherapy salt caves:

- the floor is heated with 12 Volts
- the lighting of the walls are 24 Volt and 11 Watt

III. Every Crystalotherapy Salt cave installation:

- is based on anti-seismic studies
- complies with top quality and guarantee standards.

IV. Changeland does not just install a cave & leave; we invest on a long lasting partnership. Together with the cave Changeland provides:

- user manual on how to operate the cave
- business manual on how to run and grow this unique business
- complete set of marketing & advertizing material
- continuous and extensive training, support and an extensive list of business services
- and all these in a surprisingly accessible way!

Perhaps you see similar places using mechanical devises 'spraying salt' or with ceiling / walls covered with gyps, plaster, synthetic resins or white bricks of sea salt made in molds...

ATTENTION!

These materials are not used in Crystalotherapy Salt caves to avoid potential spray of metal oxides or creation of bacteria nests.



Changeland SA.

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