

# Salt Room/ Halotherapy

## Harmony & Health

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Quality Products for Health

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### Benefits:

- **Cleansing the Respiratory System-** Breathing in dry salt particles helps clear your respiratory tract. The salt particles attract moisture, which helps unblock the airways and helps you breathe easier!
- **Improving Lung Function-** Inhaling dry salt particles also helps to reduce inflammation in the airways, which means higher oxygen intake, **increased energy**, and an **improved immune system!** 20- 30 minutes in the salt room can help alleviate seasonal allergy symptoms, asthma, and other respiratory issues – the session literally helps you breathe better.
- **Skin:** Salt increases the activity of skin cell ion channels and activates electrophysiological activity that determines the skin's protective qualities. This means the dry salt particles distributed by our halogenerator helps your skin regenerate and heal itself faster.
- **Mind:** It's no secret that there is a lot going on for many of us right now. Now, more than ever, we need to take time for ourselves to check in, love ourselves, and just shut everything else out. What better way to do that, while simultaneously supporting your respiratory and immune system, than spending 30 minutes in a beautiful room, surrounded by pink Himalayan salt? This time is for you – you can pray, meditate, or even fall asleep.
- **In addition,** those who suffer from the following conditions can greatly benefit from the halotherapy: Cold/Flu, Sinusitis/Rhinitis, Cystic Fibrosis, Smoker's Cough, Dermatitis, Snoring, Stress and Fatigue, Eczema, Allergies, Asthma, Psoriasis, Bronchitis, & Pneumonia



### How many sessions a week is needed?

Halotherapy offers the best results when practiced regularly. The benefits are cumulative where consistency and frequency is the key. People with chronic issues will benefit greatly if visiting salt rooms at least 3 times a week. Those who are looking to incorporate Salt Therapy into their regular wellness routine would benefit from a weekly session. Halotherapy is safe to use on a daily basis if desired.

**What to wear:** Street clothing are fine, especially when respiratory is key focus; if desire increased skin contact, choose sleeveless shirt & shorts (room approx 68-70°F), shoes not permitted in room.

**What to bring:** Water/hydrating drinks for before & after session (no drinks permitted in salt room)

**Caution:** Normally there are no side effects. Some people might experience a scratchy throat or a tickle in their sinuses. Others who might be slightly more sensitive could experience a minor skin irritation, which tends to go away after a session or two, as the body detoxifies. For those who experience a slight cough, this is usually a sign that the salt therapy is effectively working to help loosen and cleanse the mucus buildup. Individuals with serious health conditions, pregnant women, and children under 3, should seek medical advice from their physician before using.

**Contraindications:** Please seek medical approval if the following apply to you:

- Contagious diseases
- Respiratory system cancers, Tuberculosis, or Coughing up blood or if you are at risk for it
- Severe hypertension
- Children under 12 months.

**Important:** This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

*Building Better Health Naturally*

