

# HALOTHERAPY FACT SHEET

## WHAT IS HALOTHERAPY?

Halotherapy (also known as dry salt therapy) is a holistic, drug free, natural treatment using micro particles of salt to promote better breathing, healthier skin, sounder sleep, elevated mood, improved lung function, and overall wellness.

## HOW DOES HALOTHERAPY WORK?

Pure pharmaceutical grade salt is ground into tiny micro particles that are dispersed as breathable air. As these particles are inhaled, they penetrate deep into the respiratory system to reduce inflammation, clean and disinfect.

## WHAT CONDITIONS ARE PROVEN TO BENEFIT FROM HALOTHERAPY?

- ✓ Asthma
- ✓ COPD
- ✓ Eczema
- ✓ Cystic Fibrosis
- ✓ Wheezing
- ✓ Bronchitis
- ✓ Allergy Symptoms
- ✓ Insomnia
- ✓ Cold/Flu Prevention
- ✓ Sinus Infections
- ✓ Ear Infections
- ✓ Dry Skin
- ✓ Immune Health
- ✓ Emphysema
- ✓ Anxiety & Stress
- ✓ Depression

## WHY IS HALOTHERAPY SO POPULAR?

Allergies, respiratory illnesses, and undesired skin conditions are chronic and growing epidemics in our modern world along with stress, anxiety, and fatigue.

Halotherapy is an easy, accessible, relaxing, and effective way to naturally relieve unwanted conditions without the use of drugs. Furthermore, Halotherapy promotes better sleep, more energy and overall wellness. Plus, it's very uplifting!

## WHAT DO THE EXPERTS SAY?

Published clinical studies indicate Halotherapy to be efficacious for improving respiratory illnesses, skin issues, mood stabilization, and sleep quality. Medical professionals and industry experts agree that Halotherapy is a safe and proven effective treatment that is backed by over 50 years of science.

## ARE THERE SIDE EFFECTS?

Normally, there are no side effects from the treatment of Halotherapy. Some people may experience a tickle in the throat, nose or sinuses, or a slight cough during or after a session. If this occurs, it is a sign that the treatment is working effectively as the salt is loosening and releasing mucus buildup. Hydrating before and after a session will help thin mucus and facilitate expectoration to assist in clearing airways, sinuses and lungs more quickly.

**Waynesville Salt Room is a clinical-level Halotherapy facility dedicated to your wellness.**

---

For more information call 828.246.0788 or visit [WaynesvilleSaltRoom.com](http://WaynesvilleSaltRoom.com)

Waynesville Salt Room | 32 Montgomery Street, Waynesville, NC 28786