

Halotherapy, or dry salt aerosol therapy, has evolved from the centuries old European salt caves, where people stayed for a week or more (and still do), to modern day salt rooms where sessions last 30-45 minutes.

It dries out viruses and bacteria with tiny salt particles.

A majority of people who include Halotherapy in their wellness routine may find relief from a variety of respiratory conditions such as: Asthma Allergies Common cold Bronchitis COPD Cystic fibrosis Sinusitis Ear infections Smokers cough

- **Others suggest it can also:**
 - **ease smoking-related symptoms, such as a cough, shortness of breath, and wheezing**
 - **treat depression and anxiety**
 - **cure some skin conditions, such as psoriasis, eczema, and acne**

Overall Dry Salt Therapy Benefits

Dry Salt Therapy, also known as Halotherapy, benefits adults and children alike as well as athletes and animals. It is natural and safe and there are no harmful side effects. Halotherapy is very beneficial for overall wellness by removing the toxicity from the respiratory system, improving the function and appearance of the skin, and boosting the immune system.

For general respiratory hygiene, once or twice a week visiting your local salt therapy facility will enhance the lung capacity, boost the immune system, reduce stress, and aid better sleep.

Lungs and Respiratory Hygiene

Healthy lungs and a clean respiratory system are essential for vitality, energy, and longevity.

An average adult takes about 12-15 breaths per minute and little children about 20-30 breaths per minute. The main function of the lungs is to deliver oxygen to our red blood cells and get rid of the CO₂ from the body. In addition, our respiratory tract acts as a very important defense mechanism by filtering the air from pollutants and foreign substances, it regulates the pH level of blood by managing the levels of CO₂, and it also helps control blood pressure by converting the chemical in the blood called angiotensin I into angiotensin II.

Why dry salt therapy for respiratory care

People are exposed to pollutants, airborne diseases, bacteria, allergens, and other irritating factors on a daily basis. Halotherapy is a method to cleanse and detox the lungs as well as invigorate the entire body with increased lung capacity and oxygen intake. Regular Halotherapy practice is an excellent way to aid breathing and improve your quality of life.

How dry salt improves the respiratory system

Scientific research has found that inhaled dry salt particles have bactericide, mucokinetic, hydrophilic, and anti-inflammatory properties, which may help to reduce inflammation in the entire respiratory tract and widen the airway passages. Dry salt particles are also known to accelerate the transportation of mucus, the elimination of residual tar and foreign allergens. A clean respiratory system naturally results in higher oxygen intake, increased energy, and an improved immune system.

Dry salt is super absorbent and acts like a sponge attracting foreign substances along its path through the respiratory tract. The dry salt can be imagined to behave like a toothbrush that cleans through the respiratory system removing the build-up of foreign elements that cause various respiratory ailments and conditions. Clean lungs are healthy lungs. Start Halotherapy today!

What type of respiratory conditions might improve

A majority of people who include Halotherapy in their wellness routine may find relief from a variety of respiratory conditions such as:

- Asthma
- Allergies
- Common cold
- Bronchitis
- COPD
- Cystic fibrosis
- Sinusitis
- Ear infections
- Smokers cough

For respiratory conditions, low concentration and gradual administration of dry salt and consistency of the sessions are the key elements for successful results

Skin, Beauty, and Anti-Aging

The function of the integumentary system

Our skin is a very complex and intelligent organ that has many important functions. It is the largest organ and, like the respiratory system, it has a major role to protect and defend the body against bacteria, viruses, and other microbes. It also excretes wastes, regulates temperature, and prevents dehydration by controlling the level of perspiration. It houses sensory receptors that detect pain, sensation, and pressure.

Why dry salt therapy for skincare

Quality and aesthetic appearance of the skin has an important aspect of how we are viewed by others and can have a profound psycho-emotional impact on how we feel about ourselves. As we age, our skin is the first organ to show the impact of time and life. Dry salt therapy is an excellent solution to improve the overall quality and appearance of the skin. Regular Halotherapy can be the most important tool that aids the healthy aging process of the skin.

The truth is that healthy and glowing skin is beautiful at any age.

How dry salt therapy improves the integumentary system

Scientific research has confirmed that the micro-particles of salt have a beneficial influence on the integument system (skin protective layer) and hairs providing healing and cosmetic effects. This increases the activity of skin cell ion channels and activates electrophysiological activity that determines the skin's protective properties. The salt provides pH normalization and induces reparative and regenerative processes in derma, increases skin rigidity, stimulates growth, and improves hair health. The dry salt impacts the skin microcirculation and assists cellular membrane activity used in dermatology and cosmetology and enhances their effectiveness.

What type of skin conditions might improve

Regular and consistent dry salt therapy may help people with the following various skin conditions:

- Psoriasis
- Itching
- Eczema
- Swelling & Inflammation
- Dermatitis
- Dry & Flaky Skin
- Acne
- Rashes
- Rosacea
- Skin Aging

For skin conditions, high concentration and aggressive administration of dry salt, and consistency of the sessions are the key elements for successful results.

Contraindications: Halotherapy is recognized as a safe and effective wellness practice for preventive and restorative health care. It is not a medical treatment and does not offer a cure! Halotherapy is not recommended for people with contagious diseases, fever, open wounds, lung cancer, severe hypertension, mental disorders and active tuberculosis. Pregnant women should consult with their doctor before using Halotherapy. Anyone with serious health concerns needs to seek proper medical advice and care.