

## COASTLINE CONNECTION

APRIL 2025

### April Means Allergy Season

**Spring** is upon us, and while we (me included) love seeing our trees and flowers bloom back to life, we also know that prolonged periods of growth often leads to an increase of pollen.

In 2025, in the Tampa Bay Area, we are seeing a longer allergy season due to warmer weather, which increases the growing season. Couple that with our usual tree pollen season that peaks around mid-April, and you can already see the havoc coming to our sinuses.

You may have seen the pollen in the air, or probably more likely on your car. All of that remains in the air for weeks during growing seasons and is one of the major causes of allergies and sinus congestion. But since it's in the air, what can we do about it? Inevitably, we will all breathe it in.

Unfortunately, there's no way around being even mildly impacted by it.

This year, we have seen an increase in clients with severe allergies due to the pollen and poor air quality in our area. So that begs the question, how do we combat the discomfort and nuisance that comes from stuffy noses and pressure headaches brought on by the change of seasons?

According to the Asthma and Allergy Association of America, in 2021, approximately 81 million Americans suffered from seasonal allergies. That's approximately 26% of all adults and 19% of all children.



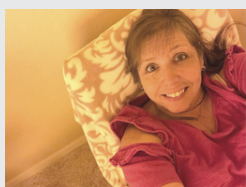
The key to combatting any illness is first and foremost, prevention. Prevention isn't just receiving treatment before an illness becomes difficult to treat, thus requiring more medical attention. Prevention also comes by paying attention to our bodies, paying attention to the slightest change that, if left unchecked, will become a bigger issue.

For example, noticing that your nose is itchy and you are sneezing more, or the onset of a slight headache, instead of waiting until our head is pounding and we are so congested that we can't breathe through our nose.

Here's some other things you can do to help combat the negative affects of seasonal allergies:

- Check out the latest allergy forecasts
- Limit your time and exposure outside
- Wash your hands frequently
- Consider using preventative measures such as halo therapy or medication (if needed).

Coastline Salt Room is a great way to help keep your sinus and respiratory systems clear, so you can breathe better and keep getting about your day. To learn more, visit our website at [www.CoastlineSaltRoom.com](http://www.CoastlineSaltRoom.com)



## A NOTE FROM OUR OWNER

It's been a while since we posted our newsletter. It seems like so much has been going on, and time has truly just gotten away from me.

Between the hurricanes last Fall that affected our entire facility, to rebuilding and getting reopened to serve our amazing clients, it's been a whirlwind here.

I am excited to announce that we have opened up more appointment times, in addition to our currently posted hours. We now have availability to hold salt sessions and hydro massage on Tuesday and also later hours on Wednesday.

These appointments can be found on our website. Our gift shop hours will remain the same, but we are happy to offer these additional appointments to accommodate our clients' varying availability. These "by appointment" sessions are our regular 45-minute sessions and are still \$40 per person (no extra costs for private appointments).

With this extra availability, we hope to see you for a halo therapy (salt) session soon.

-Kelly Hackman, Owner



Salt therapy should be recommended as a complementary therapy in patients with prolonged exposure to indoor air dampness microbiota, which may cause damage to the respiratory mucosa. Salt therapy is safe and well tolerated.

Reference: Wasik AA, Tuuminen T. Salt Therapy as a Complementary Method for the Treatment of Respiratory Tract Diseases, With a Focus on Mold-Related Illness. *Altern Ther Health Med*. 2021 Oct;27(5):223-239. PMID: 34726628.

# Stay Healthy

Staying healthy starts with breathing well.\* Did you know.....

Studies have found that halotherapy can have benefits for respiratory conditions, skin problems, and allergies. Salt is a natural and safe ingredient. It does not have any notable side effects.

It is also:

- Mucoactive, clearing up mucus from your airways
- Antibacterial, helping prevent infections
- Anti-inflammatory
- Immunity-boosting
- Anti-allergic

Research has found that because of these properties, halotherapy can be used as part of the treatment of:

- Lung infection
- Throat infection or pharyngitis
- Chronic obstructive pulmonary disease (COPD)
- Smoking-related breathing problems
- Respiratory allergies
- Asthma
- Bronchitis
- Cold or cough
- Pneumonia
- Sinusitis
- Rhinitis
- Tonsillitis
- Cystic fibrosis

Halotherapy can also be used to treat breathing problems caused by COVID-19, improving your breathing and the amount of oxygen in your blood.

\*According to information obtained from WebMD.com

## About Coastline Salt Room

Located in the Palm District of downtown New Port Richey, Coastline Salt Room is the premier location for natural respiratory health and wellness. At Coastline Salt Room, our goal is to provide comfort in a natural and safe environment.

5426 Main Street, New Port Richey, Florida | [www.coastlinesaltroom.com](http://www.coastlinesaltroom.com)