



## COASTLINE CONNECTION

JUNE / JULY 2025

### Staying Healthy for Summer Fun

It's summer time and that means lots of travel and vacations. It's the perfect time to get and recharge. In fact, it's estimated that nearly 46% of all Americans will find themselves on an adventure to somewhere fun.

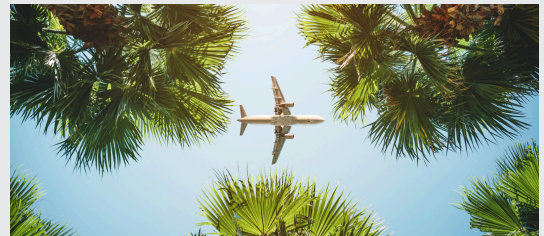
Traveling to different locations, different environments can wreak havoc on our bodies, including our respiratory and immune systems. To stay well and enjoy the most of our time away, it's important to prepare our bodies before we travel, and also to take action when we return. Afterall, there's nothing worse than not feeling well while on vacation or getting home and not feeling well after.

Here are some simple pre-trip rituals to make a part of our routine to ensure you stay well this travel season.

1. Make sure that you are staying hydrated before travelling, during your travels, and once you return home. We often find ourselves moving a lot more while travelling. Whether that includes walking more, or even traveling to our destination (yes, flying on a plane can dehydrate you), it's important that you take in enough liquid to stay hydrated.

2. Make sure you are eating good food. While on vacation, it's easy to get caught up in seeing new places and having new experiences. Equally as important as staying hydrated is to make sure you are eating a balanced diet and that you aren't running so much that you forget to eat.

3. Make sure you get enough sleep. Going on vacation often makes us excited. When our adrenaline gets going, the excitement can make it hard to sleep.



Still, sleep is the body's primary way to heal and stay healthy. As much as we want to go, go go, and explore new places on our vacation, it's important to remember that taking time to rest is one of the primary reasons to go on vacation in the first place.

4. One way to keep germs away is to make sure that you wash your hands frequently and be sure to use hand sanitizer when in public and touching handrails and other objects. Be sure to avoid touching your face and mouth if you haven't washed your hands. This will prevent germs and viruses from getting into your system.

In addition to these tips to stay healthy while traveling, we also encourage you to take precautions before you leave on your adventure.

One of the most effective ways to stay healthy while traveling is to ensure that your respiratory system is clear of any infections and that it is primed to fight off any infections, should you be exposed. This is especially important if your modes of transportation include things such as planes and trains, where recirculated air fills the cabins, you are traveling in. Air filtration systems have come a long way at reducing exposure to viruses but there is still increased potential for exposure, especially when travelling long distances.

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This is why we recommend visiting a salt room that utilizes a halo generator prior to your trip.

Salt sessions can be done several days before leaving on your trip, up to the day you leave. Likewise, because most people traveling do not have the opportunity to visit a salt room while on vacation, we also suggest visiting one upon your return, to help ensure you stay healthy from anything you may have been exposed to on your way back home.

These few tips, along with a trip to a salt room before and after you travel, will help ensure that you stay healthy this vacation season, and will be able to enjoy all the fun activities you have planned.

### **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.

#### **Salt Room Sessions:**

40 minutes and are \$40 per person

#### **Hydro Massage Sessions:**

10 minutes - \$10

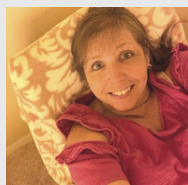
25 minutes - \$20

5426 Main Street

New Port Richey, Florida

[www.coastlinesaltroom.com](http://www.coastlinesaltroom.com)

### **A NOTE FROM OUR OWNER**



Summertime is in full swing at Coastline Salt Room and we are ready to welcome you to continue your wellness journey.

This summer, we are excited to announce a redesign of our gift shop, to include more spa-inspired items. This includes more essential oil products, tea, and more.

I'm also excited to announce that we have a new monthly plan to ensure you keep on your wellness track. More information can be found below. We hope you will love this new option as much as we do, as it helps keep you on track to maintain optimal respiratory health.

We look forward to keeping you "salty" this summer.

-Kelly Hackman, Owner

## *New* **Salt and Serenity Plan**

### **Monthly Plan includes:**

- 1 - 40-minute halo salt session
- 1 - 25-minute hydro massage
- 10% off additional salt sessions throughout the month
- 10% off in the gift shops
- 10% off guest sessions when they join you for a salt session.
- Get notified first about upcoming activities, sales, and specials.

**\$40 per month**

Minimum value \$60 - more depending on additional sessions. Automatically billed each month. Session reset each month and cannot be carried over to the next month. For more information, contact us.

## **Herb of the Season**

*Mullein*



Available in loose herbal form at Coastline Salt Room.

**Light and mellow with a lightly vegetal character and slightly lingering astringency.**

Mullein, the plant, is considered both an expectorant and demulcent. As an expectorant, Mullein is thought to help the body expel mucus that may settle in the chest, while as a demulcent it may help to create an anti-inflammatory coating over mucous membranes. Research also shows that the plant may possess slightly sedative qualities that may assist in settling the lungs.

\*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, or cure any disease.