



COASTLINE SALT ROOM CONNECTION



Stay Healthy

Did you know that just 45 minutes in our salt room can help boost your body's immunity and help you stay healthy during this cold and flu season. With the weather changing temperatures so drastically, we need to do all we can to stay well.

Healing

According to WebMD, "Halotherapy is considered an alternative treatment for lung problems such as asthma, bronchitis, and cough.

The Gift of Wellness

This holiday season, gift the gift of wellness to those you love! Coastline Salt Room offers gift certificates in all amounts that can be used for salt therapy, hydromassage, and our gift shop. Available in store and on our website.



About Coastline Salt Room

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

A NOTE FROM OUR OWNER



When people ask me why I opened my salt room, my answer is quite simple. For years now, my husband and I have been using salt therapy as a way to balance our respiratory health.

Several years before COVID, I had watched a program on CBS Sunday Morning, where they highlighted salt therapy as a natural way to assist with keeping sinus and allergies at bay. Being a long time suffer of these two factors, I started looking for a salt room.

At that time, salt rooms were few and far between, but we found one while we were on vacation in Tennessee, and after one session we were hooked.

I was able to sleep through the night, and I breathed better without having sinus issues. I also loved how relaxed and destressed I was. That's when I decided I wanted my own salt room for my community.

If you haven't tried salt therapy, I encourage you to plan a time to come and relax, and experience it for yourself. I love that it's natural and I know you will love it too!
-Kelly Hackman, Owner



The Importance of Respiratory Health

Breathing is such a vital role to our health and wellness, but it's often one of the last things we talk about. So why, if breathing is not only important, but absolutely vital to our survival, is it one of the last things we look at when focusing on being healthy?

Breathing is the way we distribute oxygen throughout our bodies and keep our bodies functioning. It is vital for survival that our respiratory health stay in optimal shape. That's why halo therapy is so important to our overall wellness.

According to the Salt Therapy Association, there are three fundamentals of salt therapy. First, dry salt acts as a sponge that helps attract foreign substances along its path through the respiratory tract and helps clean the respiratory system by removing buildup of these elements.

Second, dry salt particles may help reduce inflammation in the respiratory tract, which can widen the airway passages. Maintaining a clean respiratory system will naturally increase oxygen intake, increase energy, and can lead to improved immune function.

Finally, dry salt particles are antibacterial in nature, dissolving bacteria and pollutants that are lodged in the respiratory tract. Salt is also a natural anti-inflammatory as its chemical elements include magnesium, potassium, and calcium.

"In today's environment, it's important that we work to optimize our health through wellness and prevention. Having a strong immune system is vital for us to continue to do all the different things we want to do and to be healthy while doing them," Hackman states. "We encourage everyone to utilize salt therapy as one of the ways to keep your respiratory health in check so that you can go on living healthy, happy, and productive lives."

*In addition to salt therapy, Coastline Salt Room is proud to offer Hydro Massage. Our clients can relax on our Hydro Massage lounger, which uses water to provide a calming massage that they can control.

Today, salt rooms are beautifully designed for simplicity and for focusing on relaxation and respiratory health. Salt rooms were designed to replicate the underground salt caves in places such as Poland, who have used halo therapy for decades.

