



SALT THERAPY IS SAFE FOR KIDS!

Salt therapy (otherwise known to some as halotherapy) is an easy way for you to help reduce the symptoms that come with your child's allergies. Here is exactly how salt therapy works; Halotherapy is a holistic treatment that involves breathing in microscopic salt particles floating in the air of the salt cave. A high-tech device called a halogenerator is used to grind salt into tiny particles that you can't see with the naked eye and then disburse the salt pieces into the air of the room. **Once you inhale said salt particles, the magic starts to happen.** Once salt particles are inhaled, they are known to absorb and eliminate different types of irritants that are found within your body such as common allergens and toxins, (primarily found within your respiratory system). Researchers claim that inhaling the salt particles causes a breakdown of all the mucus that has built up within your lungs. Salt is known to have an anti-inflammatory component; thus, reducing inflammation within the respiratory system. Giving your child an easier time breathing and experiencing more open feeling airways. Halotherapy isn't just great for children who experience allergies but is also great for children who suffer from asthma or asthmatic like symptoms.

The entire process is quite relaxing. When treating children, practitioners provide the treatment with their comfort in mind. Sitting still in a chair for 45 minutes like a traditional halotherapy session, can seem near impossible to have a young child endure. Fear not, we provide age-appropriate toys and books to keep them entertained for the entire duration of their 45-minute session. Children don't even notice they're partaking in a halotherapy session. Some kids have even been known to nap during their treatments!

SIDE EFFECTS IN HALOTHERAPY FOR KIDS:

Every adult's concern when trying any new type of medicine for their child is one thing- the side effects. As of right now, researchers have found little to no side effects. Patients have reported itchy throats, runny noses, and sinus pressure. This is all due to your system being cleared of all the allergens and toxins that have been building up. These symptoms should last about two to three days and after that you should be feeling better than ever! Studies have shown that **Halotherapy is safe for not only adults, but children of all ages.** Research has even proven that halotherapy sessions are safe for babies to attend as well. The salty air is also safe for expecting mothers to be!