

SALTY SUNDAY!

Free Dry Salt Therapy Sessions All Day!

Northern Light Counseling will be offering FREE dry salt therapy to the community on May 1st, 2022.

We will be running the halogenerator for 20-minute sessions from 11:00-5:00. Children 12 and under must be accompanied by an adult. All participants must sign a waiver prior to entering the salt cave.

Staff will be here to answer all your questions and provide details on health and wellness services offered in Northern Light Counseling's salt cave.

Please wear comfy clothing and be prepared for a relaxing salty Sunday!



What is dry salt therapy?

Our therapy rooms are equipped with a machine called a halogenerator (halo is the Greek word for salt). Medical grade salt is added to the halogenerator and ground into microscopic particles, which are then infused into the air of the therapy room. During a session, guests sit in a zero-gravity recliner, hammock, or right in the salt, and breathe in the salt air. Guests are invited to nap, read, meditate or do whatever helps them to relax and let the salt do its job. Dry salt therapy is also known as halotherapy.



Northern Light Counseling

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