



Stress & Anxiety

Stress is the body's reaction to feeling threatened or under pressure. Too much stress can affect our mood, our body and our relationships – especially when it feels out of our control. It can make us feel anxious and irritable, and affect our self-esteem.

Anxiety is a general term for several disorders that cause fear, nervousness, worrying, and apprehension. These disorders affect how we behave and feel. Most people will experience some form of anxiety in their lives. Anxiety can range from being mild to severe. Severe anxiety can seriously impair the quality of life of the person who suffers from it and affects their day-to-day living.

* FDA has not evaluated the statements made on this educational card. Statements made are not intended to diagnose, treat, cure or prevent any disease



Halotherapy Benefits to Stress, Anxiety & Headaches

Halotherapy can help manage stress by placing you in a calming and relaxing state.

People who have enjoyed salt therapy sessions have compared it to being at the spa. Benefits include improved mood, increased mental performance, improved sleep and generally feeling less stressed or anxious.

Stress, anxiety & headaches can also be due to a lack of negative ions or an overabundance of positive ions.

Exposure to positive ions causes too much serotonin to be produced which upsets the nervous system and causes physiological changes.

Halotherapy can help rebalance your body and bring you back to a more neutral state. The little particles flying around the room are negatively charged and help to combat the positive charges.

Depending on age and severity, number of sessions are customized. Session length is 30-60 minutes with relaxation / sleep time included. Frequency is generally 1-2 sessions per week or as one feels they need. Longer sessions may be more beneficial to allow longer to relax and de-stress.