

Breathe Better

SALT ROOMS
Natural Healing Therapy



Halotherapy for Performance & Recovery

Halotherapy is the inhalation of kinetically activated pure dry salt particles. Dry salt is super absorbent 100% natural (drug free) and antibacterial.

These micro sized salt particles travel deep into the respiratory system and absorb excess moisture, remove allergens, toxins and foreign substances, break up stagnated mucus, restore the function of cilia and widen the airways.

Halotherapy helps you to breathe better, feel stronger and perform better.

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

www.breathebettersaltrooms.com.au

HALOTHERAPY FOR ATHLETES



HALOTHERAPY FOR ATHLETES

- Research suggests 1 in 3 athletes experience EIB/EIA
- Halotherapy expands the airway for increased lung-function
- Increases oxygen saturation and exchange
- Helps with muscle endurance and recover
- Strengthens abdominal wall muscles for increased lung capacity & oxygenation
- Combining Halotherapy with diaphragmatic breathing will strengthen abdominal wall muscle and improve overall breathing capacity.

Regular Halotherapy, combined with a workout regime, helps athletes to improve respiratory efficiency by delivering more oxygen to the musculature as well as increasing the removal of carbon dioxide from the body. Having control over the oxygen circulation gives athletes an extra competitive edge in high performance activities.

Halotherapy is one of the latest trends in professional sports training. National teams across the globe are starting to regularly integrate Halotherapy into their training. It is a holistic, drug free, natural therapy used to promote better breathing, healthier skin, sounder sleep, improved physical fitness, aid in recovery and overall wellness.

