

Breathe Better

SALT ROOMS  
Natural Healing Therapy



## Halotherapy for Children

Halotherapy is a holistic, drug free, natural therapy and promote better breathing, healthier skin, sounder sleep, improved physical fitness and overall wellness.

Halotherapy can help keep children happy, healthy and active.

Regular and consistent Halotherapy helps to remove toxins from teh lungs, increase oxygen intake and boost energy levels.

Due to the negative ions produced during Halotherapy, it also helps to promote deep sleep and neutralise free radicals, especially those created from electromagnetic radiation.

---

\* 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](http://www.breathebettersaltrooms.com.au)

HALOTHERAPY FOR CHILDREN



## Halotherapy for Children

It isn't easy to watch any child, especially your own, suffer with allergies, asthma, respiratory or skin conditions.

Halotherapy is a natural way to help relieve your child's symptoms in a safe, comfortable and relaxing environment.

European clinical research suggests that dry salt aerosol therapy has a higher degree of efficacy in children. The effectiveness of Halotherapy is directly observable and highly recommended for pediatric respiratory and skin conditions.

Depending on the age and treatment goals, sessions times and concentration levels may be adjusted.

### ARE THERE ANY SIDE EFFECTS?

Normally there are no negative side effects. Some people might experience a scratchy throat or a tickle in their sinuses. Others who might be slightly more sensitive could experience a minor skin irritation, which tends to go away after a session or two. For those who experience a slight cough, this is a sign that the salt therapy is effectively working. The body is loosening and releasing all the mucous build-up.

You should always consult your doctor before trying any new treatment or alternative therapy.



HALOTHERAPY FOR CHILDREN