



WHAT IS HALOTHERAPY?

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Halotherapy is also known as dry salt therapy. Dry pure grade sodium chloride is ground into very tiny micro-particles in a special machine called a Halogenerator. These dry salt micro-particles are then dispersed into the salt room.

As you relax in the dry salt room, particles are inhaled as well as land on the skin. The particles penetrate deep into the lungs, bronchi, bronchioles, and alveoli, as well as into the deeper layers of the skin.

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

* 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

Halotherapy has been known to improve many conditions and symptoms including:

- Asthma
- COPD
- Eczema
- Cystic Fibrosis
- Dermatitis
- Bronchitis
- Allergies
- Acne
- Cold/Flu Prevention
- Sinus Infections
- Ear Infections
- Anxiety
- Dry Skin
- Immune Health
- Psoriasis
- Snoring

WHAT TO EXPECT

Each session lasts for approximately 20-45 minutes depending on equipment and room size. You will generally stay fully clothed (depending on what you are treating) and relax in a comfortable chair.

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.

