



Salt Cave-Halotherapy Information

What is Halotherapy?

Halotherapy, also known as dry Salt Therapy, is a fast-growing, holistic approach that mimics the microclimate of a salt cave.

Clients breathe in the micro-sized salt particles, which are immediately transported to every part of the respiratory tract, even the smallest alveoli, and bronchioles. Then, the dry salt molecules dissolve and attract small impurities... the reason why it is called the "toothbrush of the lungs."

Salt therapy may eliminate the root of inflammatory respiratory illnesses in the lower and the upper tract like asthma, bronchitis as well as allergies, by destroying bacteria and restoring health and immunity.

How does it work?

Micro-sized salt particles are dispersed into an enclosed environment (room, bed, booth, cabin) through a unique process generated by a halogenerator. These salt particles (less than 3 micron sized), while creating an antibacterial environment, draw out the excess moisture, the mucus and impurities that are in the airways and on the skin. Therefore, it is essential to use a high quality halogenerator that produces the right size particles in order to achieve the desired results.

History

Halotherapy was originally "discovered" in the 1800s in Eastern Europe when doctors realized that salt miners didn't suffer nearly as often from respiratory and skin conditions

as others in the communities. These doctors then began to “prescribe” visits to the salt mines and at some point the mines even carved out separate areas for this original halotherapy.

Later entrepreneurs built machines to replicate this environment and modern halotherapy was born. Halotherapy Solutions’ equipment was designed in Estonia, one of the original locations for this early halotherapy.

Due to this history, much of the research on halotherapy has taken place in Eastern Europe but is now starting to get more attention in other areas of the world such as the United States and Australia.

How many sessions are necessary?

Halotherapy offers the best results when practiced regularly. The benefits are cumulative, so consistency and frequency are the key. People with chronic issues will benefit greatly if visiting salt rooms at least 3-4 times a week. Those who are looking to incorporate Salt Therapy into their regular wellness routine would benefit from a weekly session. Halotherapy has been used on a daily basis without any side effects.

Contradictions, side effects

There are typically no side effects other than potential thirst. However, if someone is on any medications or suffers from any serious medical issue, please seek medical advice before any therapy. Clients may also have increased coughing due to the cilia moving in the lungs.

Benefits of Salt Therapy

Respiratory →

- Anti-microbial, Anti-bacterial, Anti-viral, and Anti-inflammatory
- Opens the bronchial tubes in the lungs; helps to reduce inflammation in the sinuses & small airways
- Breaks up and clears mucus
- Increases PH level – reduces acidity

Skin →

- Naturally triggers skin microcirculation and membrane activity
- Enhances skin's protective and reparative properties
- Anti-microbial, Anti-bacterial

Athletic Performance →

- Expands the airways for increased lung functions and capacity
- Enhances performance
- Increases oxygen saturation and exchange
- Helps with muscle endurance and recovery

Ear Infection →

Halotherapy can greatly relieve the swelling and pain that is common with an ear infection by penetrating the ear canal with salt particles.

Salt, as an anti-bacterial and anti-inflammatory agent, reduces the swelling of the tubes in your ear, allowing the fluid to drain. Over 70% of children suffer from ear infections.