

How does Halotherapy work?

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.



Why it works

Pharmaceutical grade sodium chloride (salt) has bactericide, mucokinetic, hydrophilic and anti-inflammatory properties. This reduces inflammation and clears mucus from the airway and nasal passages and eliminates allergens.

Dry Sal is very absorbent, attracting pollutants and allergens throughout the respiratory tract, sinuses and distill airways of the lungs. The dry salt stimulates the body's internal processes for cleansing the respiratory system, removing buildup and foreign particles that cause various respiratory ailments and ultimately strengthens respiratory function.

**Safe, natural, drug free therapy for adults & children*

**Halotherapy has not been evaluated by the Food and Drug Administration. Statements made are not intended to diagnose, treat, cure or prevent any disease.*

Halotherapy

Backed by 50 years of Science

In the United States there have been many studies done on "wet salt" aerosols and its positive affects on respiratory function.

European studies dating back to 1973 demonstrate that dry salt aerosol is more effective due to enhanced bactericidal, muconkinetic and anti-inflammatory properties in its ability to reach the smallest airways.

European clinical research and testimonials suggest that a significant number of people have successfully improved their breathing and achieve natural symptom relief.

After Halotherapy, people report their breathing becomes easier, symptoms such as sneezing, coughing and shortness of breath are improved. In some cases the use of prescription and over-the-counter medicines are decreased. Actual results and benefits vary due to individual therapy adaption and severity of conditions.

CONTACT US



Proud member of the World Halotherapy Association

HALOTHERAPY

A HEALTHY WAY TO BREATHE EASIER AND FEEL BETTER

Worldwide, thousands of people have successfully improved their breathing and achieved natural symptom relief through the use of Dry Salt Therapy.

What is Halotherapy?

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.

Benefits of Halotherapy

Worldwide, based on European/Russian clinical studies and US pilot studies, thousands of people have successfully improved their breathing and achieved natural symptom relief.

- Cleanse the respiratory tract and minimize symptoms
- Enhance respiratory function and breathe easier
- Strengthen the immune system
- Improve lung function and increase athletic performance
- Improve the quality of life, reduce stress and enhance overall well-being

For further information visit the World Halotherapy Association website:
www.worldhalotherapy.com

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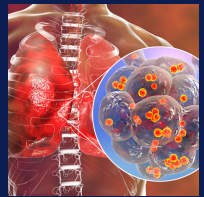
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Some people experience improvement after just one session, however a course of sessions is always recommended for maximum efficacy and impact.



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

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



What to Expect?

Each session lasts for xxx minutes. You will stay fully clothed and relax in a comfortable chair.

Are there any side effects?

Normally there are no 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.