

Natures very own skincare...

Written by Erin Lee – June 6, 2023

Rejuvenate, Revitalize and Replenish Your Skin with Salt

Anti-aging. It's a phrase that most beauty companies use to boast the effectiveness of their products.

When we think of "anti-aging" products, we generally think of the smoothness of our skin, the reduction of blemishes and wrinkles, and improved skin tone. Plenty of products and treatments do deliver the "anti-aging" appearance. We may have a diligent skin routine of cleansing, toning, and moisturizing.

Plumping serums, anti-aging facials, and Botox injections are just a handful of treatments commonly associated with anti-aging. However, these are often just a surface level solution to a problem that is far more complex.

As we age (it is inevitable), we lose vitality of the skin and other organs throughout the body. So, to prevent or reduce the appearance of aging, it is necessary to rejuvenate the body, the organs, and the skin. True anti-aging involves cellular regeneration, not just temporarily plumping or tightening the skin.

Halotherapy has become a treatment that is recognized for delivering anti-aging properties that address the core problem associated with aging.

How does Halotherapy do this?

Pharmaceutical grade salt is ground down into tiny micro size particles between 0.3-0.5 microns in size. These particles are so small you can't see them with the naked eye.

The particles are dispersed into a room or while you sit, relax and breathe, the little particles land on your skin.

As the particles are so tiny, they make their way into the pores of your skin.

But what good do they do?

- Firstly they are anti-bacterial. Killing any bacteria or germs they come into contact with.
- 2nd, they act as a natural anti-inflammatory, helping to reduce redness and inflammation of the skin.
- 3rd the little particles act like tiny sponges. Once you leave the Halotherapy cabin or room, they start to draw any moisture they can from the air. This in turn acts as a natural moisturiser for the skin.

The longer you leave the salt on your skin, the more effective it will be. Leaving it on overnight is ideal.

This is how Halotherapy (dry salt therapy) is one of the best moisturizers out there for you!!

It doesn't stop there!

Having these tiny salty particles land on areas of skin, increases the activity of skin ion channels, stimulating cell growth and regeneration. Salt particles balance the skin's pH and auto flora. Basically, Dry Salt Therapy promotes healing, which means that the skin is rejuvenated, and the damaged skin cells are regenerated.

This also means that skin conditions such as, psoriasis, eczema, dermatitis, rosacea, acne and many more are successfully improved, reducing in severity and even disappearing completely when subjected to multiple halotherapy sessions over a period of time. Great for teenagers too as it is safe for all ages!

Salt is full of minerals, some being Magnesium, Calcium, and Potassium. When you experience salt therapy, these important minerals are being absorbed directly by your skin. Here is how each of these minerals act as an anti-aging treatment.

Perhaps you've seen or used a magnesium cream? Used to reduce muscle soreness. Magnesium is known for being anti-inflammatory, but it can also fight water retention and slow down the aging process of your skin.

Calcium improves your skin's circulation and prevents water retention. This is highly important as your skin's circulation system is an intricate network of blood vessels and capillaries. These vessels and capillaries help in providing your skin with oxygen-rich blood and nutrients. They also assist in transporting waste products away from your skin, preventing a build-up of toxins.

Potassium helps balance out your skin's moisture. Ever seen the seemingly inexhaustible shelf of skin care products, some for oily skin, others for dry or 'normal.' Well salt therapy has the unique ability of adapting to your skin and can help with skin that is too oily as well as skin that is too dry.

So what do you think? Are you going to give Halotherapy a try?