

## What is Halotherapy and How does it Work?

Pharmaceutical grade salt is placed into a halogenerator that precisely grinds the salt into specific micro-sized particles and then disperses the salt into the air in a closed environment; our salt booth. As the salt travels in the salt booth, these salt particles of dry sodium chloride (NaCl) are inhaled into the respiratory system. The dry salt naturally starts absorbing allergens, toxins and foreign substances into your lungs and throughout your respiratory tract. The dry salt may then help to reduce inflammation and open airway passages. The micro-sized crystal structure of pure NaCl particles breaks loose and clears out all of the 'bad stuff'. This is the basis for how dry salt therapy can impact people suffering from respiratory such conditions.

Helps Respiratory With:

- Allergies
- Smoking
- Asthma
- Bronchitis
- Cystic Fibrosis
- COPD (early stages)
- Sinusitis
- Common Cold
- Increase Lung Capacity



The properties of dry salt also absorb impurities, provides anti-bacterial properties and improves the skin's micro-circulation. The smaller particles can reach beneath the skin's surface and absorb moisture towards the skin. The larger salt particles land on the skin and absorb any bacterial and foreign substances. The dry salt then accelerates cell rejuvenation and improves skin rigidity providing benefits to people with skin conditions.

Helps Skin with:

- Acne
- Psoriasis
- Eczema
- Cell rejuvenation
- Improves skin rigidity
- Recovering from Cosmetic Surgery
- Salt is absorbent
- Salt is anti-bacterial
- Salt is anti-inflammatory



## Benefits of Halotherapy

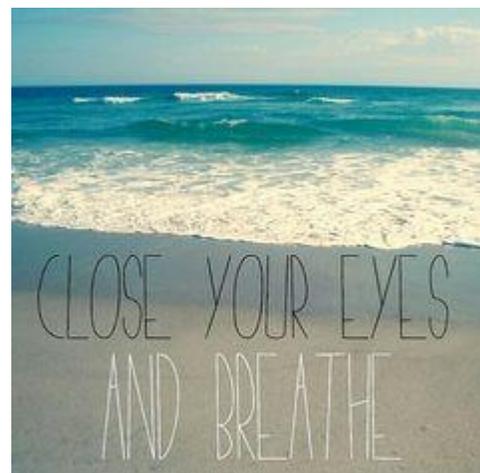
Today, more people are suffering from respiratory issues and skin problems than ever before. Pollution, smog, airborne diseases, pollen and toxins, are poisoning our bodies and creating a scale of problems we have never before had to face. While we have become almost accustomed to using medications (sometimes daily) in hopes of alleviating the symptoms, many unfortunately barely provide even just simple relief. Up until now we have had little to no natural options for these challenges. However, we now have an alternative; Halotherapy. Although a relatively new concept in the USA (roughly 150 in US and CANADA combined), salt rooms have been used in the breathing of miners since the Roman and medieval times and in Europe for decades. Halotherapy offers a natural, non-invasive, drug free, and clinically proven alternative that aids with people suffering from skin and lung conditions. At SALTS, we believe in a natural therapeutic approach to caring for our bodies that works in conjunction with traditional medicine. It can be used as a complementary option to prescribed medications with the approval of your doctor or as a sole preventive alternative based on your preferences.

Halotherapy benefits adults, children as well as animals. It is natural and safe and there are no side effects. Safe for children 6 months and up. The most common medical problems of the childhood are respiratory problems. The most common symptoms are cough, sore throat, earache, blocked nose, sneezing, hoarseness, wheezing, chest tightness and breathlessness.

However, one does not need to have any conditions to take advantage of Halotherapy, since dry salt therapy is very beneficial for overall general wellness by helping remove toxicities from the respiratory system. People are exposed on a daily basis to pollutants, airborne diseases, bacteria, allergens and other irritating and harmful. Halotherapy is an excellent way to cleanse and detox the lungs as well as invigorate the whole body.

This may be new to the US and Canada, however this form of therapy is being used, covered medically and has been studied in many other countries for 100+ years.

\*\*\*Contraindications: Halotherapy is recognized as safe and effective wellness practice for preventive and restorative health care.



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