

Dry Salt Therapy



What Is Dry Salt Therapy?

Scientific research has found that inhaled dry salt particles have bactericide, mucokinetic, hydrophilic and anti-inflammatory properties, which may help to reduce inflammation in the entire respiratory tract and widen the airway passages. Dry salt particles are also known to accelerate the transportation of mucus, the elimination of residual tar and foreign allergens. A clean respiratory system naturally results in higher oxygen intake, increased energy and an improved immune system.

Dry salt is super absorbent and acts like a sponge attracting foreign substances along its path through the respiratory tract. The dry salt can be imagined to behave like a toothbrush that cleans through the respiratory system removing build-up of foreign elements that cause various respiratory ailments and conditions. Clean lungs are healthy lungs. Start dry salt therapy today!

Common Dry Salt Therapy Questions

Q: What Are The Benefits of Dry Salt Therapy?

A: A majority of people who include dry salt therapy in their wellness routine may find relief from a variety of conditions such as: Asthma, allergies, common cold, bronchitis, COPD, cystic fibrosis, sinusitis, ear infections and smoker's cough. In addition salt therapy helps to clean the sinus and lung pathways which will allow for better oxygen intake and overall improved athletic performance.

Q: What Do I Wear in the Salt Booth?

A: Most people will wear a robe or regular clothing into the salt booth. If you would like the benefit of salt therapy on your skin, you can wear shorts and a tank top.

Q: Why Dry Salt Therapy for the Skin?

A: Quality and aesthetic appearance of the skin has an important aspect of how we are viewed by others and can have a profound psycho-emotional impact on how we feel about ourselves. As we age, our skin is the first organ to show the impact of time and life. Dry salt therapy is an excellent solution to improve the overall quality and appearance of the skin. Regular dry salt therapy can be the most important tool that aids the healthy aging process of the skin.

Q: What Should I Expect of My First Dry Salt Therapy Experience?

A: We offer a 30- or 45-minute dry salt therapy session. You will rest inside the salt booth with a halo generator blowing around pharmaceutical grade salt. You most likely will not be able to visually see the salt but as you relax and breathe normally, your body will intake the salt and do all of the work for you.

Q: Can I Play Music or Read a Book in The Salt Booth?

A: Yes! We can offer music while you are in session. There is a light you can turn on if you would like to bring a book or magazine to read while in session. (No food, beverages, cell phones or jewelry).

Q: Is Dry Salt Therapy Safe?

A: Salt care is 100% natural, safe and drug free, providing effective long-term relief. Salt Care should be avoided during the acute phase of any illness, including the following: infections accompanied by fever, acute active tuberculosis, cardiac insufficiency, COPD in third stage, bleeding, spitting of blood, contagious ailments, have use of an oxygen tank to aid breathing, alcohol or drug intoxication, unstable or uncontrolled hypertension, and acute stages of respiratory diseases.

Q: How Many Sessions Should I Do?

A: Many people may experience some relief after one session; however, for the best results we recommend a series of treatments. Those with chronic conditions most likely need to come 2-4 times a week for the first 4-6 weeks. Those who come for light allergy/sinus/stress relief and or relaxation can come 1-2 times a week or as often as they would like.