

## WHO BENEFITS FROM DRY SALT THERAPY

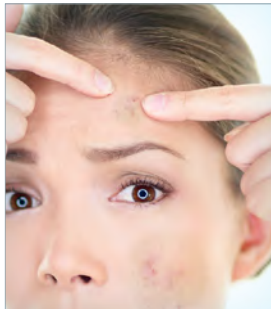
Halotherapy benefits adults and children alike, as well as athletes and animals. It is natural and safe and there are no side effects. According to the Salt Therapy Association (STA), many people who undergo halotherapy as a complementary treatment on a regular basis may find relief from a variety of respiratory conditions such as:

- ✓ Asthma
- ✓ Chronic Bronchitis
- ✓ Coughs, Colds & Flu
- ✓ Emphysema
- ✓ Sinus Infections/Sinusitis
- ✓ COPD
- ✓ Cystic Fibrosis
- ✓ Allergies/Hay Fever
- ✓ Ear Infections
- ✓ Snoring & Sleeping Problems



Dry Salt Therapy is also extremely beneficial to your skin in treating:

- ✓ Acne
- ✓ Psoriasis
- ✓ Eczema



In addition, dry salt therapy has been shown to reduce:

- ✓ Stress
- ✓ Anxiety
- ✓ Fatigue



If you are interested in learning more about Dry Salt Therapy, supporting the movement to improve air quality, and becoming a member, please visit:



[www.salttherapyassociation.org](http://www.salttherapyassociation.org)

For more information on Dry Salt Therapy equipment, products, and services, please visit:



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While there are many clinical and scientific studies conducted on Dry Salt Therapy (Halotherapy) throughout the world, the FDA has not evaluated the statements made throughout this brochure. Dry salt therapy is not intended to diagnose, treat, cure or prevent any disease.

# ABOUT DRY SALT THERAPY (HALOTHERAPY)...

## The SALT Room Experience



## WHAT IS DRY SALT THERAPY?

Dry salt therapy (halotherapy) is a natural, drug-free, non-invasive treatment that utilizes a halogenerator to grind, crush, and disperse micron-sized particles into the salt room to help aid respiratory concerns and skin conditions. If there is no halogenerator, there is no halotherapy.

## HOW LONG IS A TYPICAL SALT ROOM SESSION?



Depending on the size of the salt room or salt cave, and the number of people, sessions can last anywhere from 10 to 45 minutes.

## HOW SHOULD I DRESS IN A SALT ROOM?



Loose, comfortable, light-colored clothing that you can relax in works best. If you are using dry salt therapy for a skin condition, you'll want to have that area exposed.

## HOW MANY SESSIONS DO I NEED? HOW OFTEN?



Based on your condition and symptoms, this can vary. For best results, the Salt Therapy Association recommends a series of treatments. Some individuals prefer to use dry salt therapy as a continuous preventative measure.

## ARE THERE ANY SIDE EFFECTS OF DRY SALT THERAPY?



There are no potentially harmful side effects of dry salt therapy. The treatment is completely natural. A slight cough or a runny nose is possible, but this is simply the salt working to remove mucus and toxins from the lungs and airways.

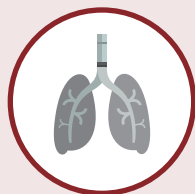
# How Dry Salt Therapy Works

## THE 3 FUNDAMENTALS OF DRY SALT THERAPY



### Super Absorbent

Dry salt acts like a sponge attracting foreign substances along its path through the respiratory tract. The dry salt can be imagined behaving like a toothbrush that cleans the respiratory system removing the build-up of foreign elements that cause various respiratory ailments and conditions.



### Anti-Inflammatory

Inhaled dry salt particles may help to reduce inflammation in the entire respiratory tract and widen the airway passages. A clean respiratory system naturally results in higher oxygen intake, increased energy, and an improved immune system.



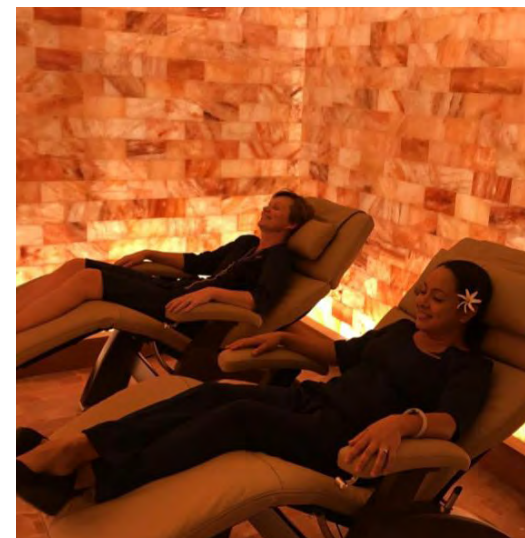
### Anti-Bacterial

The dry salt particles act as an anti-bacterial agent, dissolving bacteria and pollutants lodged in the respiratory tract. These are then either coughed up or naturally expelled by the body.

## WHAT HAPPENS DURING A SALT ROOM SESSION

Dry salt therapy acts to cleanse the respiratory system and the skin, which helps to relieve congestion, inflammation, and skin conditions. Sessions are non-invasive.

Once you enter the salt room, you can sit and relax. The lights will dim, and you can choose to listen to relaxing music, read a book or magazine, meditate, or simply rest. The temperature and humidity in the rooms are controlled to provide an optimal experience. You will find pure relaxation and tranquility away from your everyday stress, leaving you rejuvenated and fully energized. (Cell phones, electronics, and jewelry are usually not permitted since salt can be corrosive.)



The salt, 99.99% pure grade sodium chloride, is heated and then ground and crushed into very tiny microparticles. These dry aerosol microparticles of salt are then dispersed into the salt room where they are inhaled and penetrate deep into the lungs, bronchi, bronchioles, and alveoli. The non-inhaled salt particles fall onto the skin and are absorbed.

When your session is over, you may notice a faint trace of salt on your lips, and the slight taste of salt on your tongue. Any salt that collects on your clothing can be easily brushed off. A runny nose or increase in coughing means your body clearing out mucus and toxins.