



Himalayan Salt Therapy

FREQUENTLY ASKED QUESTIONS

WHAT IS SALT THERAPY

Salt therapy, also called Halotherapy, is a natural therapy that has been practiced for over 100 years. It involves relaxing in a specialized room filled with dry salt particles to help cleanse the airways and skin, as well as aid recovery and general well-being.

HOW DOES SALT THERAPY WORK?

Pharmaceutical-grade salt crystals are placed into a halogenerator, a device that grinds salt crystals into an ultra-fine, aerosol mist. The dry sodium chloride particles diffuse throughout the room, entering your body via the respiratory system. The dry salt naturally starts absorbing allergens, toxins and foreign substances into your lungs and throughout your respiratory tract. As salt enters the lungs and respiratory tract it dissolves bacteria and pollutants and works to expel mucous and open constricted airways.

WHAT ARE THE BENEFITS OF SALT THERAPY?

Salt therapy provides a range of health benefits, including improving respiratory function, revitalizing skin, inhibiting infections, and promoting relaxation.

- **Respiratory:** Salt therapy provides benefits to those who suffer from asthma, allergies, bronchitis, COPD, cystic fibrosis and emphysema. The inhalation of fine salt particles acts like an expectorant, eliminating mucus, bacteria, residual tar, allergens, and inflammation, to clear airways and improve respiratory function. Individuals who engage in cumulative salt therapy have been shown to have higher oxygen levels, increased energy levels, and stronger immune systems.
- **Skin:** As the salt particles travel through the air, they absorb harmful bacteria and impurities that are responsible for many skin conditions, such as psoriasis, eczema, acne and dermatitis. The smaller salt particles can reach beneath the skin's surface and absorb moisture. Larger salt particles land on the skin and absorb bacterial and fungal substances. In addition, the dry salt particles provide pH normalization and induce skin cell regeneration to improve skin elasticity and hair health.
- **Sinus & Ear:** Salt therapy offers tremendous benefits to those suffering from cold/flu symptoms, ear infections, rhinitis, sinus infections or sinusitis. The inhalation of the salt particles improves respiratory function, clears airways, and reduces inflammation.
- **Relaxation:** The Himalayan Salt bricks and flooring continuously release negative ions, inducing a state of deep relaxation for the duration of the therapy session.

WHAT IS TREATMENT LIKE?

Salt therapy treatments are performed inside our Himalayan Salt Room. The room is lined with Himalayan Salt bricks, which release negative ions for relaxation. A spa provider will escort you to the salt room, where you will be seated in a comfortable lounge chair within the room. The lights can be dimmed or brightened to your preferred level. Your provider will start the halogenerator and the treatment will begin. You will notice the room gradually fill with salt air over the duration of your treatment. You may lightly taste salt on your lips. During your session, we recommend the use of Pranayama breathing for maximum benefit, which can be demonstrated by your provider. The halogenerator runs on a timer and blows salt into the air of the room for 25 or 50 minutes depending on the length of your session and then vents the room for the remaining 5 or 10 minutes of the session.

CAN YOU TAKE BEVERAGES INSIDE THE ROOM?

A salt therapy room must maintain a certain temperature range and humidity level in order to provide a clean-air environment and ensure the efficacy of the therapy. Because the walls of our therapy room are lined with Himalayan Salt bricks and the floor is covered in Himalayan Salt, liquids are strictly prohibited. If spilled, the liquid would melt the salt and the humidity would compromise the environment and treatment adequacy.

IS SALT THERAPY SAFE?

Salt therapy is recognized as a safe and effective wellness practice for preventative and restorative health care for all ages. It is not a medical treatment and does not offer a cure. Salt therapy is not recommended for guests with a contagious disease, fever, open wounds, cancer, severe hypertension or active tuberculosis. Anyone with a serious or on-going medical condition should consult their physician before booking a treatment.

WHAT IS THE COST?

Himalyan Salt Therapy Room 30 minute session \$45*

Himalyan Salt Therapy Room 60 minute session \$90*

Himalyan Salt Stone Massage \$195* (50 minute massage) or \$275* (80 minute massage)

Warm Himalayan Salt Stones ground and balance the body's electromagnetic field, nervous system and meridians to melt away stress.

Himalayan Salt Escape Package \$218*

Enjoy a 50 minute Himalayan Salt Stone Massage and a 30 minute Himalayan Salt Room Therapy Session.

Himalayan Healing Indulgence Package \$338*

Rejuvenate with a soothing 80 minute Himalayan Salt Stone Massage and a 60 minute Himalayan Salt Therapy Session.



*For your convenience, a 21% service charge will be added to all spa treatments