



Halotherapy FAQs

What is Halotherapy?

Halotherapy, also known as dry Salt Therapy is a holistic approach that mimics the microclimate of a salt cave. Dry salt air is dispersed into an enclosed environment (room, bed, booth, cabin) by a Halogenerator. Salt absorbs and removes the allergens, toxins and foreign substances in your lungs and sinuses. Salt also reduces any inflammation and opens airway passages making easier to breath. Halotherapy, is a holistic, drug free, natural therapy to promote better breathing, healthier skin, sounder sleep, improved physical fitness and endurance and overall wellness.

Is there research to support Halotherapy?

Yes, Halotherapy is backed by 50 years of science. Most research has been done in Europe where the treatment originated. Halotherapy has been well researched in Russia and Eastern Europe. Most of the research has been conducted by Dr. A. V. Chervinskaya, the head of Clinical Research Respiratory Center in St. Petersburg Russia. She works in the field of pulmonology and rehabilitation medicine and has published more than two hundred articles on this topic. Recently, the New England Journal of Medicine published an article on the efficacy of saline salt therapy in cystic fibrosis. They found that long term saline salt treatment had a positive impact on lung function and reduced pulmonary exacerbations. In addition, they found no negative side effects associated with the therapy. Please see our research articles for more information.

How does Halotherapy work?

Pure pharmaceutical grade salt is heated and ground into tiny micro particles by a halogenerator and then dispersed into a room, bed, booth or cabin. While relaxing customers simply breath. The salt opens the airways, reduces inflammation in the lungs and sinuses and loosens the mucus.

Salt has the following properties:

- Antibacterial
- Anti-fungal
- Anti-inflammatory
- Mucolytic effects: loosens excessive mucus and speeds up mucociliary transport
- Removes pathogen agents (airborne pollen)
- Reduces IgE level (immune system oversensitivity)

Negative ions counterbalance the many positive ions we pick up from electronic devices neutralizing the atmosphere stabilizes mood, decreases stress and prepares the body for ultimate healing.

What are the conditions that Halotherapy treats?

Halotherapy is a complete detox of your lungs and skin

Lung Conditions:

- Allergies
- Asthma
- Bronchitis
- Bronchial Infections
- Chronic Bronchitis
- Chronic Sinusitis

- COPD
- Sleep Apnea
- Snoring
- Wheezing
- Ear Infections
- Laryngitis (Pharyngitis,)
- Sore Throat, and Tonsillitis
- Cystic Fibrosis
- Hay Fever
- Emphysema
- Pneumonia
- Rhinitis
- Sinus Inflammation/infection
- Sinusitis
- Smoker's Cough

Skin Conditions:

- Rosacea
- Eczema
- Psoriasis
- Aging Skin
- Acne
- Dermatitis
- Dry, itchy, Flaky Skin
- Skin Inflammation

When should Halotherapy be avoided?

As Halotherapy is known as a safe and natural treatment, clients who have any serious health conditions or women who are pregnant should always consult their doctor first. Halotherapy is not recommended for people who have the following conditions.

- Infections associated with a fever
- Contagious diseases
- Some forms of Cancer (please consult your doctor)
- Tuberculosis
- Cardiac disease patients
- Acute respiratory disease
- Severe hypertension
- Intoxication

Are there any side effects?

Side effects are minimal and transient. Some folks may experience a tickle in their throat or sinuses, some sinus drainage as the mucus breaks up. Others may experience minor skin irritation, or skin that tingles/itches as circulation is brought to the surface. For those who experience a slight cough, this is a sign that the salt therapy is effectively moving the impurities through the cilia. Some patients with hypersensitive skin may experience mild skin irritation. Some Patients experience a mild tickle in the throat, which will be alleviated. If a patient has an excess of mucus in the upper airway, it may break up and drain following a treatment.

How safe is Halotherapy?

Halotherapy is 100% natural, safe and drug-free. It provides effective long-term relief for various respiratory and skin conditions. It can be used as complementary or augment therapy to pharmaceuticals as a means to help maintain and control disease. It can be used alone for stress reduction and improvement of conditions.

Should I stop using traditional medications during Halotherapy sessions?

No. Halotherapy is complementary treatment with the goal of decreasing and controlling respiratory and skin conditions....it has an additive effect and should be used as adjunct therapy to what your doctor has prescribed. As always, consult with a doctor if you have any concerns about a condition where you are under a physician's care.

Is Halotherapy safe for children?

Yes. Halotherapy is a completely drug-free treatment for children of all ages. European clinical research suggests that dry salt aerosol therapy has a higher degree of efficacy children. The effectiveness of Halotherapy is directly observable and highly recommended for pediatric respiratory and skin conditions. Depending on the age and treatment goals, session times and concentration levels may be adjusted. Please consult your pediatrician

What kind of salt is used for Halotherapy?

Pure pharmaceutical grade salt (99.99% pure sodium chloride). It contains no added minerals or other potential contaminants or fillers. It comes from a natural source but naturally processed to remove all of its impure elements. It's the same salt that hospitals in Eastern Europe use in their salt rooms as well as the same salt used in Halotherapy research. We do not recommend Himalayan or sea salt as it is not stripped of all the impurities. There could be dirt, clay or some type of debris that could be harmful to the lungs. Himalayan salt can be healthy for the digestive system but not for the respiratory system.

How many sessions/times a week are necessary?

Frequency of therapy depends on the type and severity of the client's condition as well as and their wellness goals. For respiratory, such as asthma, COPD, cystic fibrosis, bronchitis, sinusitis, or allergies it is best to "front load" by coming in 2-3 times the first 7-10 days to saturate the airway, then back down to once or twice a week to find what maintenance looks like for you. Folks with a more severely compromised respiratory tract/condition will want to start Halotherapy at a lower concentration over a longer session time. Most skin conditions like eczema, psoriasis, rosacea and dry itchy skin may require a higher concentration and more frequent visits. Chronic conditions require sustained use over time for best results.

*Please see WHA Treatment Guidelines

What is the treatment duration per session?

45 minutes in a salt cave or room and about 20 minutes for a bed, booth, or cabin.

What results can clients/guests expect?

Many patients who have asthma, allergies and other bronchial issues have seen some amazing results in a short period of time. Breathing becomes deeper, sinus passages are less inflamed and start to drain and skin conditions are improved dramatically with frequent and sustained use. This in turn results in a better quality of life. We aren't making medical claims about Halotherapy but after receiving treatments people report respiratory issues and lung function have vastly improved. In addition, those who have severe skin conditions such as psoriasis, eczema or acne have also had incredible improvements in the health of their skin.

Are health improvements noticeable?

With Halotherapy, a compromised bronchia is improved as inflammation and mucus levels are restored or eliminated. Breathing becomes easier and the quality and function of breathing improves. Halotherapy facilitates the

normalization of other bodily systems and fortifies the immune system. Folks report not needing their rescue inhaler as often and the need for higher doses of pharmaceuticals is reduced. Additionally, folks report sleeping better and the duration/severity of allergy symptoms, colds and flu is lessened. Many will notice the benefits of Halotherapy after even one treatment, however, as with any chronic condition, frequent and sustained use may be necessary for maximum benefit.

What will I experience when I sit in the salt room?

Salt rooms are designed so that folks can relax in a soothing and tranquil environment. One can sit back and experience the halotherapy treatment in a very peaceful and stress-free setting. People can read, listen to music or nap. Each halotherapy room or cave is different with varying themes depending on the décor and design that is used. Halotherapy rooms may have heated floors and Himalayan salt is often used to cover the floor of the cave or room. Additionally, the room's temperature, humidity, pressure and salt particles concentration are maintained. The lighting is dim and relaxing music is often played. Folks can close their eyes and meditate or just relax. Sessions in a room/cave generally last for 45 and folks may start to taste a bit of salt on their lips.

Are there any advantages to treatment in a piece of equipment versus a cave/room?

Yes, there are many advantages of an enclosed piece of equipment versus a room/cave. Treatment times are shorter which often allows for more opportunities to fit into our busy schedules, therefore clients/guests will come in more often which leads to better results. Studies were done 3x/week for best efficacy, more often for best result for skin conditions. Additionally, shorter sessions will often keep the price down. Time and money are not barriers to more frequent sessions, which means better efficacy. The buildout for a cave can be costly and has certain requirements like monitoring humidity levels and protecting the HVAC system.

Will I see, smell or taste anything during a treatment?

Halotherapy is a relaxing, peaceful and rejuvenating experience. While in a room or piece of Halotherapy equipment (bed, booth, cabin) you are breathing the finely milled salt particles into your respiratory system and particles settle and are absorbed by the skin. You will not see or smell the salt, (if you see the salt in the air, the particles may be too large to reach the small airways). You should, however, start to taste the salt on your lips and see it start to collect on the inside of the enclosure/room.

What do you wear during a session?

Wear comfortable clothing (most people just wear street clothes). The salt air will not harm your clothing, nor leave a noticeable residue. If you are doing Halotherapy for skin conditions, we recommend that you wear shorts and a T-shirt, to expose as much of the affected area as possible.

Why is relative humidity important in the Salt Cave?

The humidity in the room must be between 40-55%. If the air is too humid the efficacy of the therapy diminishes, as the micro-particles of salt may not reach the distal airways.

Can I have a massage or other wellness session in the Salt Cave?

Yes. Massage, yoga, facials, meditation and other holistic modalities compliment Halotherapy nicely. Halotherapy purifies the air and allows for stress reduction and deeper breathing.

Are there germs in the salt room/equipment?

Salt is anti-microbial, anti-fungal and anti-bacterial and anti-viral. The enclosure, room/cave will be filled with microscopic salt, which creates a virtually sterile environment. In addition, after a session, most State-of-the-Art halogenerators vent the air out. Surfaces such as chairs and headrests should be disinfected after each session.

How sterile is the microclimate in the Salt Cave?

The microclimate is 3 times cleaner in the halotherapy room than in a sterile surgery room in a hospital, therefore, it is almost impossible to catch an infection during the session. A stable hypoallergenic, hypo bacterial environment is maintained in the therapeutic room.

Why do you have salt lining the walls and on the floor in the room?

The salt on the walls and the floor is applied not only to be aesthetically pleasing but also to keep the room sterile. The halogenerator will disburse pharmaceutical dry salt aerosol for a curative microclimate and to provide treatment.

How does Halotherapy help with stress?

Salt is negatively charged and has the natural ability to attract and bind positively charged particles to it. The neutralizing forces of salt can cancel out positive charged and harmful electromagnetic vibrations in our environment (electrosmog), as well as in our body. Hence, halotherapy has de-stressing, relaxing effects; it is beneficial for calming the nervous system. The whole experience is generally very relaxing and helps to center the mind, body and spirit.