



## **FREQUENTLY ASKED QUESTIONS – HALOTHERAPY IN THE HIMALAYAN SALT ROOM**

### **1. What is Halotherapy**

Halotherapy or dry salt therapy is when dry salt air is dispersed into an enclosed environment through a unique process generated by a Halogenerator. This type of treatment is a holistic natural therapy, safe and effective way of using salt's natural antibacterial, anti-inflammatory and super absorbent properties to provide relief for respiratory and skin conditions. Salt rooms have been designed to mimic salt caves that have been considered therapeutic in Eastern Europe for centuries.

The salt is grounded into tiny micro particles by our state-of-the-art Halogenerator and then dispersed into the salt room. While relaxing in our salt room, customers inhale the dry, salt-enriched air deep down into the lungs, where the healing benefits do their greatest healing. The salt widens the airways and loosens the mucus, which begins to clear quickly, and inflammation is reduced, which makes more room in the airways for you to breathe. The non-inhaled particles landing on the skin help to balance pH and induce the reparative and regenerative processes in the skin, increasing rigidity and stimulating cell growth and microcirculation.

### **2. What should I expect to experience in the Sage Wellness Salt Room?**

Our beautiful salt room allows for dry salt therapy to be experienced alone or for groups up to six. Himalayan salt bricks are on the walls and ground Himalayan salt covers the heated floor to generate negative ions, which help to counterbalance the influx of positive ions from the many electronic devices we use every day. Neutralizing the atmosphere in this way stabilizes mood, decreases stress and prepares the body for ultimate healing.

A salt room session last 25 minutes and requires no more than lying back in a comfortable recliner and breathing deeply. Micro particles of salt are dispersed into the room by the Halogenerator while you relax, read, sleep or meditate. All guests are asked to remain quiet during the sessions so as not to disturb other guests.

### **3. What clothing should be worn in the salt room?**

All white socks (no coloring in the toe or heel) are required. You can bring your own or purchase for \$5.00/pair. Other than white socks, there are no special clothing requirements. Comfortable clothing is recommended for the salt room. If you are using the Salt Room for dermatological conditions, we advise you to wear clothing that exposes areas of skin you would like the salt to reach (shorts, sleeveless shirts, skirts, bathing suits). You may use the restroom to change clothing if needed.

### **4. What are the side effects?**

Normally there are no side effects. Some people might experience a tickle in their sinuses or a slight cough.



## **5. Pregnant or Serious Health Conditions – Check with your Doctor**

People with serious health conditions or women who are pregnant should always seek proper medical advice from a doctor first.

Halotherapy is not recommended for people who have the following conditions.

- Infections associated with a fever
- Contagious diseases
- Cancer
- Tuberculosis
- Cardiac disease patients
- Acute respiratory disease
- Severe hypertension
- Chronic obstructive lung diseases
- Intoxication

Halotherapy has a detoxifying effect by releasing toxins and bacteria from the body. If you are taking medications for severe conditions, always check with your doctor before starting any Salt Therapy treatments.

## **6. Adolescents must be accompanied by their parents.**