

## FAQ

### WHAT IS HALOTHERAPY/SALT THERAPY?

Halotherapy is dry salt inhalation. Tiny particles of salt are ground by a halogenerator and dispersed into the air.

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

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Halotherapy, taken from the Greek word halos meaning “salt”, is a natural treatment that has been dated back to the twelfth century. Halotherapy, also known as salt therapy, is a holistic type of treatment that mimics that of a salt cave. Dry aerosol salt is heated, grinded up to micro-sized particles and then dispersed into the room for inhalation. This process is greatly beneficial for respiratory and skin conditions. It can be used as an alternative complementary treatment or on its own for a general overall wellbeing treatment.

#### *2. Why Halotherapy?*

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From pollens and toxins, to pollution, smog and airborne diseases, our society has never been faced with such a growing epidemic of respiratory ailments. Halotherapy, also known as salt therapy, is beneficial in helping the side effects that come with such conditions. It has been researched for centuries and has been proven as a safe alternative and complements other treatments.

### *3. What are the benefits?*

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Salt therapy is a natural complementary therapy that can help to improve breathing, sleep, mood and skin.

### *4. HOW DOES SALT THERAPY BENEFIT THE RESPIRATORY SYSTEM?*

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The tiny particles of salt clear phlegm and mucus from the airways. The salt purifies deep in the lungs, sinuses and bloodstream. Salt is anti-bacterial, anti-viral, anti-microbial and anti-fungal. Salt therapy has an indirect anti-inflammatory effect in the body.

### *5. WHAT CONDITIONS IS SALT THERAPY GOOD FOR?*

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Salt therapy is especially good for asthma, allergies, sinusitis, cold/cough, bronchitis, COPD, emphysema, Cystic Fibrosis, ear infections, eczema, psoriasis, sleep, stress, anxiety, muscle recovery, detox.

### *6. HOW MANY SALT THERAPY TREATMENTS ARE RECOMMENDED?*

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Benefits for upper respiratory system are often noticed within the first 10 minutes of your first session. For skin (eczema, psoriasis), it often takes 4-5 sessions to begin to notice the benefits.

The recommended treatment plan varies for every condition. In general, to get longterm results, the most effective way to use salt therapy is 2-3 sessions per week for 3-6 weeks. After that only needed as maintenance/to prevent flare ups.

## *7. WHERE DOES SALT THERAPY COME FROM?*

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Dry salt inhalation originated in Europe in the 1800s. Workers in the salt mines in Poland demonstrated improved breathing, immune system, stress, mood and sleep. They started replicating the environment in medical facilities and have healing centres deep in the salt mines to this day.

## *8. IS HALOTHERAPY SAFE?*

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Halotherapy is natural and safe for most babies, children, adults, pregnant women and elderly.

## *9. Can I catch other peoples' germs or viruses in the Salt Rooms?*

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Salt is naturally antibacterial, antiviral and anti-inflammatory. It kills almost all bacteria on contact. At *Breathe Salt Wellness*, we have Dead Sea salt from Israel walls and crushed salt on the floor, in addition to the 99.9% pure pharmaceutical-grade salt that is blown into the air. The microclimate of our salt room is said to be **two times cleaner than a sterile surgery room** in a hospital. Therefore, it is nearly impossible to catch an infection because there are no bacteria. We also clean the surfaces of our chairs, tables, toys, books, et cetera, with 99% alcohol **Sanitizing Spray**.

## *10. WHO SHOULD NOT USE HALOTHERAPY?*

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Stage 3 COPD, acute/active tuberculosis, uncontrolled hypertension, respiratory cancers, acute lung conditions, acute stage kidney disease, cardiac insufficiency/severe heart disorders, spitting up blood.

Always consult a medical professional if there is any concern that salt therapy is safe for you, and before changing use of medication.

## *11. What will my experience be like?*

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When you arrive at our Breathe Salt Wellness, you will be asked to answer Covid 19 questions scanned by Bar Code at the door entrance. Then hand sanitize at the entrance and have a temperature checked. We take cohort groups one at the time and masks are highly recommended in the hallway and main reception area. The behind the plastic window shield we take clients waver and register them or given treatment. Clients are advised to be well hydrated before and after treatment. We recommend removing footwear, disposable shoe covers are provided and must be worn once in the salt rooms, and clients just sit, relax and with deep breathing. Rooms are only 19Celsius and lighter colour clothing is suggested since your clothes will be covered by mist of salt.

## 12. WHAT DOES IT FEEL LIKE IN THE SALT CAVE?

The salt in the air is microscopic, and you don't notice it too much, but you might taste a bit of salt! If you are very congested in the lungs, it's normal to cough a little bit. If you are very congested in the sinuses, you may drain a little bit. Mostly, what it feels like is deeply relaxing. Negative ions become available to us as the salt is ground, and help us to get into deep states of relaxation/meditation.

## 13. What can I expect from a Salt Therapy Session?

We recommend that during your session you take 5 to 10 deep breaths to bring the salt deep into your respiratory system.

During your session, the dry salt acts like a toothbrush that clears your respiratory system and it removes the buildup of foreign elements that cause respiratory ailments. You may start coughing or sneezing, or your nose may start to run.

These are all normal things that can happen as that "toothbrush" is working.

## 14. WHAT DO I DO IN THE SALT CAVE?

Relax, read, meditate, nap... Breathe. Let the negative ions take you into a deep relaxation.

## 15. In which cases should Salt Therapy be avoided?

Halotherapy is not recommended for individuals with the following conditions:

- ✓ Existence or suspicion of cancer
- ✓ Any kind of infectious disease
- ✓ Acute respiratory disease

- ✓ Cardiac insufficiency
- ✓ Cardiac and coronary diseases
- ✓ COPD with 3rd stage of chronic lung insufficiency
- ✓ Coughing of blood/bleeding
- ✓ Infections accompanied by fever
- ✓ High blood pressure/hypertension in IIB stage
- ✓ Any form or stage of tuberculosis
- ✓ Intoxication
- ✓ Chronic kidney disease
- ✓ All internal diseases of decomposition

## *16. WHAT SHOULD I WEAR IN THE SALT CAVE?*

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Wear comfortable lighter colour clothing. The salt cave is not hot like a sauna, it's 19 to 21 degrees Celsius and dry.

## *17. CAN I BRING MY PHONE/COMPUTER IN THE SALT CAVE?*

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We are suggesting not to use electronics in the cave. The tiny salt particles in the air are not good for your devices. The cave is a retreat from work and cell phones!

## *18. How will I feel after the first session?*

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You may experience a loose cough or sinus drainage. This is absolutely NORMAL and exactly what you want to occur. A sound sleep is a typical response from clients after their first session.

### *19. Do you need to stop taking medications if receiving salt therapy?*

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No. It is fine to continue your medications as you need and as directed by your doctor. Since salt therapy is all-natural it does not have any interactive effects with medications. Often, individuals who undergo salt therapy will find that they are less dependent on certain medication and that their symptoms are less frequent and less severe.

### *20. What kind of salt is used?*

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We use 100% Dead Sea salt from Israel on our walls and only 99.9% pure-grade sodium chloride (salt) is used in our halogenerators, which are the machines that crush and grind the salt into microscopic particles and disperse them into the Salt Rooms.

### *21. What is the difference between salt therapy and sea air?*

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Salt is anti-inflammatory, meaning it absorbs moisture. Sea air is not as potent because it is already moist, which takes away its strong ability to heal. When you breathe in dry salt aerosol in our treatment rooms, the particles line your airways and draw out the fluid from the inflamed airway. This fluid, now mixed with the salt goes to work on cleaning the walls of the

airways. One session in a salt room is equivalent to three (3) days at beach.

## *22. How long is a Salt Session?*

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Our Sessions are 45 minutes.

## *23. How often do I need a salt treatment?*

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Based on your condition and symptoms, this can vary. For best results, we recommend a series of treatments. Some individuals also prefer to use dry salt therapy as a continuous preventative measure and for optimal health. To accommodate everyone's needs, we offer different options: For Acute and Chronic clients we have packages, memberships and single sessions.

## *24. What about the concern that salt is bad for you?*

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Some people are concerned about the intake of salt because of issues relating to diet, high blood pressure and hypertension. This type of salt intake is connected to the digestive tract. Dry Salt Therapy affects the respiratory system in a different way. When inhaled, the amount of micro salt particles that enter your respiratory system is extremely low, so it doesn't present any risk whatsoever to your health. It kills bacteria, reduces inflammation and expands airways.