

What is Halotherapy?

A device called a halogenerator grinds salt into microscopic particles and releases them into the air of the room. Once inhaled, these salt particles absorb irritants, including allergens and toxins, from the respiratory system. Advocates say this process breaks up mucus and reduces inflammation, resulting in clear airways.

The salt particles are said to have a similar effect on your skin, absorbing bacteria and other impurities responsible for many skin conditions.

Salt is also said to produce negative ions. This is believed to cause your body to release more serotonin, one of the chemicals behind feelings of happiness

COUNTRY WELLNESS
CENTER

For more information or to book your appointment:

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How it works:

Patients sit in the salt room for 45 minutes and breathe in the salt aerosol, which is transported to the smallest bronchi, or airway passages in the lungs, as well as to other parts of the respiratory tract such as the sinuses and nasal cavity. The salt particles act as an antibacterial agent, dissolving bacteria and pollutants lodged in the respiratory tract. These are then either coughed up by the patient or are expelled during the metabolic processes via the bloodstream. This treatment also reduces inflammation in the lungs, thins out mucus buildup, improves lung function, and opens up breathing passages.



What it may help with:

- Chronic bronchitis
- Asthma
- Hay fever
- Ear infection
- Breathlessness, chest tightness
- Pneumonia, after acute stage
- Bronchiectatic disease
- Smoker's cough (including secondary smoke)
- Cough with viscous sputum with difficulties discharging
- Dry, paroxysmal cough with distant rales
- Dry rales (mostly with low tone), changing their localization during auscultation
- Frequent acute disorders of respiratory tract
- Tonsillitis
- Pharyngitis
- Multi-chemical sensitivity syndrome
- Sinusitis/sinus inflammation
- Respiratory infections
- Respiratory allergies to industrial and household pollutants
- Rhinitis
- Eczema and more

Recommendations:

For people with colds, flu symptoms, ear infections, or other temporary respiratory discomforts, 1 to 8 sessions can be very effective. For chronic respiratory and dermatological conditions such as asthma, bronchitis, sinusitis, allergies, psoriasis, etc., it is strongly recommended to complete 12 to 20 sessions, between 25 - 45 minutes each, in as short a time period as is feasible. Salt room treatment is most effective when it is administered at least twice a week or more frequently. It is advisable to repeat the therapy 1 to 3 times per year to maintain the positive results. For recreational, relaxation, and stress relieving purposes, sessions can be taken as many times as desired.