HEALTHY NEWS

The Benefits of Salt Therapy

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Halotherapy, also known as salt therapy, is one of the latest top spa trends and it is very similar to bathing in salty seas. Since ancient times, philosophers and healers have been recommending inhalation for the treatment of respiratory health issues.

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Brief History of Salt Therapy

Dry salt therapy comes from speleotherapy and the salt cave in Poland known as Wieliczka, where workers had fewer respiratory problems. Nowadays, salt rooms are dispersed throughout the world.

Why Is Salt Therapy Beneficial?

Salt levels influence the cell activity, energy, and blood sugar levels. Salt has antimicrobial, antibacterial, and disinfectant characteristics. It comes in empty processed forms or healthier and purer sea salt like Dead Sea and Himalayan salt which have 84 elements and trace elements present in the human body. Interestingly, dry salt air is more potent than moist air.

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The negatively charged ions have a positive effect on the health and overall mood and inhaling particles has the capacity to lower inflammation and lung mucus, lower asthma, allergies, and bronchitis symptoms and it is also beneficial against clogged sinuses and COPD.

Since it has powerful cleansing and calming properties, halotherapy supports the immunity and the nervous and lymphatic systems. It is highly beneficial against stress, headaches, low levels of energy, and sleep problems. Salt ions can cleanse the air and elevate the lungs' capacity and lower allergy symptoms during flu or allergy seasons.

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It is important that salt therapy has the ability to treat different skin issues like rashes, eczema, acne, and psoriasis. Pure mineral salts possess moisturizing characteristics and improve the water balance of the skin and barrier function.

Halotherapy in the U.S.

In America, there are around 200 salt rooms and some of these facilities offer massage and other various treatments for rejuvenation and recharging. It is enough to spend 15 to 20 minutes in salt beds or booths due to the higher concentration of the salt. Clients are particularly satisfied with this therapy and a lot of them have experienced a reduction in the need for decongestants and inhalers.

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While in a salt booth, you breathe in and out deeply and slowly and listen to calm music and one average session costs between $25 and $45 and the duration is usually 45 minutes.

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