

The 7 Secrets To Salt Therapy

What is Salt Therapy?

It may surprise you to learn that salt therapy offers many health benefits. It's a known natural, non-invasive treatment that helps open airways, relieves congestion and stimulates the body to expel mucus in the airways. Salt works like a decongestant, loosening congestion as well as providing natural anti-inflammatory and anti-histamine properties which help open and relax the airways. It's also known to offer natural antiseptic, anti-bacterial and anti-fungal properties.

Air in our purpose built salt rooms at Your Body Hub is ionised and saturated with a low concentration of pharmaceutical grade salt.

The therapy involves sitting and relaxing in our specially designed salt room and breathing in microscopic salt particles present in the air. As salt is inhaled it passes through the respiratory system and coats the airways in the nasal passage and lungs. The natural anti-inflammatory and anti-histamine properties of salt encourage smooth airway muscles to relax, which relieves wheezing and tightness.

Salt Therapy can also help boost the immune system of the respiratory tract and hence increase lung capacity.

The 7 secrets.

Secret 1: Skin Irritations.

Particles of dry salt that settle on the skin during a Salt Therapy session yield numerous therapeutic and cosmetic benefits. Salt is also a known anti-inflammatory, reducing redness and swelling, which makes it beneficial in treating certain skin conditions such as acne, eczema and psoriasis.

Secret 2: Asthma.

Salt Therapy is a natural and non-invasive therapy that may relieve congestion, inflammation and allergies of the airways. Asthmatics sit in Your Body Hub salt rooms and inhale dry salt deep into their lungs. This helps reduce inflammation and fluid and loosens congestion for easy expulsion. The minute salt particles can also help to open up the airways and increase oxygen intake.

Salt is also known to help cleanse the airways of smoke, dust, pollutants and other allergens to allow for easier and improved breathing.

Secret 3: Sleep and Snoring.

Salt Therapy is a natural non-invasive drug free therapy that offers support to snorers. As dry salt is inhaled it passes along the back of the throat relaxing muscles that cause narrowing and vibration of the airways which results in snoring. Over a period of time salt will help to strengthen the respiratory system and help the airways to remain relaxed and open. All for a better night's sleep!

Secret 4: Colds.

Salt Therapy is a natural and gentle non-invasive drug free therapy that offers relief of cold and flu symptoms. It achieves this by exposing the respiratory system to microscopic dry aerosol particles of salt inhaled directly into the lungs. Salt has natural anti-histamine,

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anti-inflammatory, anti- bacterial and anti-fungal properties all of which help relieve inflammation and congestion in the airways.

As dry salt is inhaled it passes through the airways breaking up or loosening congestion improving breathing and helping the body to expel congestion and mucus.

When treating cold and flu, commence treatment early as possible for best results. However if the cold has already developed our Salt Therapy treatments support the body to expel excess congestion and reduce the duration of the illness. For those with lingering coughs or stuffy noses Salt Therapy can clear residual effects.

Secret 5: Sinusitis

Salt Therapy is a natural gentle non-invasive drug free therapy that offers support for the relief of sinus symptoms. The respiratory system is exposed to microscopic dry aerosol particles of salt inhaled into the nasal passage and sinuses.

Salt has natural anti-histamine, anti-inflammatory, anti- bacterial and anti-fungal properties all of which help relieve inflammation and congestion of the sinuses. As the dry salt is inhaled it passes through the nasal passage breaking up or loosening congestion. This breakdown and expulsion of excess mucus will dry up a sniffle or post nasal drip sometimes present with sinus problems.

Salt Therapy also works well as a preventative treatment. We are constantly inhaling pollutants and allergens all of which can irritate our sinuses. Breathing in salt as part of ongoing health maintenance can help the body to heal faster and remove irritants quickly.

Secret 6: Sports Recovery

Winning is the result of having an edge. Salt Therapy can assist. The aim of Salt Therapy is to improve and normalise breathing patterns. Stamina and endurance are maximised with athletes finding that once they've corrected breathing patterns they have air in reserve and hence perform at an optimal level.

Secret 7: Stress Reduction

Salt Therapy offers one other important benefit – stress reduction. Skin conditions are often exacerbated by stress. Our professionally designed salt rooms provide a unique and peaceful atmosphere for clients to de-stress by promoting deep relaxation. Clients report feeling well rested following a therapy session.

Salt Therapy is not a cure. It supports healthy lung function by helping to open and relieve inflammation and congestion throughout our airways. Discover the benefits of Salt Therapy for yourself at Your Body Hub.

Book a free consultation with our Salt Therapy Specialists today by calling 85786544