

For centuries, people have used salt therapy as a safe alternative to treat a variety of ailments. Never before has our society been faced with a growing epidemic of respiratory ailments as a result of exposure to air pollution, smog, airborne diseases, pollen and toxins. Salt therapy enhances and impacts various skin conditions, and compliments other treatments to produce sustainable results

ASTHMA, BRONCHITIS, COPD, EMPHYSEMA, SMOKER'S COUGH, CYSTIC FIBROSIS

How Can Salt Therapy Help with Your Respiratory Conditions?

Salt therapy is a 100% natural alternative to effectively manage your symptoms from respiratory conditions such as asthma, bronchitis, COPD, emphysema, smoker's cough and cystic fibrosis. As you breathe the dry microscopic salt particles deep into your lungs, they line the walls of your airways, helping to kill bacteria and viruses, and aiding in the clearing of mucus. This process reduces inflammation in the entire respiratory tract, allowing you to breathe easier. The salt is working as a "bronchial brush" for the airways.

Following a regimen of regular salt therapy visits will provide ongoing clearing of mucus and toxins and thus cleaner, healthier lungs. Results may vary between clients and we recommend you discuss the use of salt therapy with your doctor.

Wouldn't it be wonderful to be less dependent on your inhaler? To be able to take deep breaths and feel less tired and wheezy? Are you looking to quit smoking? You can achieve this, and we invite you to learn more by visiting our facility.

ALLERGIES, SINUSITIS, EAR INFECTION

How Can Salt Therapy Help with your Sinus Conditions?

Salt Therapy is a 100% natural alternative that helps manage your symptoms from allergies, sinusitis and ear infections. Although you cannot "Serenity Salt Spa" allergies, you can treat them and lessen their symptoms with salt therapy. As you breathe in the dry microscopic particles, the salt penetrates the sinus cavity to reduce swelling and inflammation, helping to take the "stifles" away.

Your nasal passages will begin to open naturally, without the use of nasal sprays and decongestants. Mucus then clears out and sinus pressure is relieved. Not only are you helping with your symptoms, the salt is working to help fight the infection and prevent it from coming back.

Salt Therapy is also known to help with ear infections. The salt works its way into the ear canal, relieving pain and pressure. The pressure and discomfort are why children prone to ear infections often fuss or cry.

Following a regimen of regular salt therapy visits will provide ongoing safe and natural relief in addition to boosting our immune system and keeping our bodies healthy. Results may vary between clients and we recommend you discuss the use of salt therapy with your doctor.

ECZEMA, PSORIASIS, DERMATITIS

How Can Salt Therapy Help with your Skin Conditions?

Salt Therapy is a 100% natural alternative to help manage skin conditions such as Eczema, Psoriasis, Acne and Dermatitis. Unfortunately, most medications used for these skin conditions provide short term relief and can have harmful side effects. Salt therapy works to provide immediate relief in addition to keeping your skin clear for long periods of time.

Salt is not only cleansing; it is purifying as it helps to remove the oils and bacteria that cause skin irritation and skin conditions. The salt that is circulating throughout the air acts as an exfoliant and promotes healthy oil production in the skin.

The anti-inflammatory properties of salt help to reduce the redness and inflammation associated with skin conditions. As you breathe the salt in it works to strengthen our overall health from the inside out which contributes to an overall positive effect on your health and skin.

Following a regimen of regular salt therapy visits will provide ongoing clearing of the skin. Results may vary between clients and we recommend you discuss the use of salt therapy with your doctor.

ARE YOU LOOKING TO INCREASE YOUR ENDURANCE AND PERFORM AT YOUR BEST?

Salt therapy can dramatically enhance sports performance by improving lung function and increasing lung capacity. Doesn't every athlete strive to get better every day? One of the key factors in achieving that is to improve breathing patterns. Many respiratory conditions that obstruct air flow such as allergies and asthma can have a negative impact on an athlete's performance. Improving lung function, increasing oxygen capacity and clearer airways is what enhances our body to run faster, increase stamina and increase energy levels.

Sitting in our salt room provides a relaxing environment to help improve sleep and athletic recovery. A consistent regimen is recommended for best results.

HOW CAN SALT THERAPY HELP WITH YOUR STRESS AND GET A BETTER NIGHT'S SLEEP?

Salt Therapy can have a naturally relaxing effect on our body which helps reduce stress and improve sleep.

At Serenity Salt Spa you will be surrounded by an environment inspired by nature providing tranquility and relaxation to revitalize your energy. The rich negative ion microclimate created by the natural sea salt covering the walls, floor and blown into the air makes for an absolutely restful and rejuvenating experience.

Studies have shown that stress suppresses your immune system, making it difficult to heal and feel better.

So, what are ions? Ions are colorless, odorless, molecules that are believed to produce a biochemical reaction. Ions can be positively or negatively charged. Positive ions are found to be emitted by computers, televisions and other electronic devices. They create an atmosphere of enhanced anxiety. Negative ions appear in nature more readily than positive ions. Negative ions are found in moving water, such as waterfall, rivers and the ocean. Plants are also a good source of negative ions.

During your salt session, you will be surrounded by negative ions. Negative ions boost serotonin or "feel good" chemicals in your brain. Negative ions increase the flow of oxygen to your brain too, which in turn, creates higher alertness, relieves stress and enhances mental energy. In addition to the salt surrounding you, the salt you are breathing in helps to open up your airways to improve breathing and allowing for a better night's sleep.

Salt therapy will give your overall health the boost it needs in addition to providing a preventative measure in the future.

Regular salt therapy sessions will allow for better results. Results may vary between clients and we recommend you discuss the use of salt therapy with your doctor.

HOW CAN SALT THERAPY KEEP YOU HEALTHY?

Salt Therapy is a 100% natural way to stay healthy. Are you always getting sick? Do you find yourself run down needing more energy? By visiting our salt rooms at least once a week you can help improve your overall wellness. When stress levels are high or when we do not give time for ourselves our bodies shut down. As you breathe in the dry microscopic particles you are forming a protective layer inside your sinus and respiratory system to stave off illness and infection.

When our bodies come into contact with germs the protective layer of salt works to kill bacteria keeping that infection from growing worse. Our customers say that by coming to one salt session per week keeps them healthy and lessens the symptoms when they do get sick.

We ask that you be respectful to others by not coming in actively sick or if you feel you are contagious. This is something we take very seriously as salt therapy is used as a preventative measure against getting sick.

It is always important to remember that when we relax, we heal. Our bodies need time to recover to perform at optimum levels. We recommend a consistent regimen for best results.

ALLERGIES

Allergies and hay fever, also known as allergic rhinitis, bring misery to many people. Inflammation in the nose occurs when the immune system overreacts to allergens in the air. Those whose symptoms are due typically develop symptoms during specific times of year. Many people with allergic rhinitis also have asthma, allergic conjunctivitis and atopic dermatitis or atopic eczema.

SYMPTOMS OF HAY FEVER INCLUDE

Coughing, wheezing, red, swollen eyes, sore throat, frequent nosebleeds, mouth ulcers, heartburn, irritability and depression.

Salt therapy can provide relief to allergy sufferers. Salt Therapy can bring immediate relief but it can also prevent the frequency with which symptoms occur.

Salt kills bacteria and the dry micro particles of salt that are inhaled during a therapy session are able to reach the entire sinus cavity to destroy bacteria and reduce inflammation. Salt Therapy also widens the airways by reducing inflammation which helps to shift mucus and reduce the chance of infection.

Salt Therapy is a beneficial method of treatment for every age group. By visiting our Salt Rooms, Sauna or Private Booth and inhaling the saline aerosol, you can find safe

and natural relief. You can reduce the need for anti-histamine, alleviate sneezing, coughing and shortness of breath and clear mucus/sticky phlegm. You can also strengthen your immune system to prolong remission times and improve your ability to live well.

SESSION RECOMMENDATIONS

Depending on age and severity, 15-20 sessions are recommended for long term results with the initial sessions close together. 2-3 sessions a week is suggested for the first month and fewer sessions per week after 30-60 days depending on results.

ASTHMA

- Over 17 million adults and 6 million children suffer from asthma. Asthma is a condition that affects the airways and they become over-sensitive, causing them to react to things that would not normally cause a problem, such as cold air or dust.
- For those suffering from asthma, Salt Therapy can not only bring much needed relief, but can also prevent the frequent recurrence of symptoms. Salt Therapy has a far more lasting effect as many have testified.
- To get a better understanding of how Salt Therapy can help with Asthma, first of all you need to know what kind of properties salt has.

- **It kills bacteria**
The salt dries out all the germs and bacteria in your respiratory system
- **It is anti-inflammatory**
Based on clinical studies the dry, saline-diffused air reduces inflammation in the whole respiratory tract
- **It has mucolytic effects**
Loosens excessive mucus, speeds the elimination of toxins
- **Removes pathogen agents**
Airborne pollen
- **Strengthens the immune system**
Restores energy levels
- **It reduces IGE levels**
The immune system won't over-react to asthma/allergy triggers

As a result of Salt Therapy, inflammation and mast cell response within the bronchi reduces, so the quality and function of breathing improves.

This leads to the balancing of other bodily systems, due to increased oxygen availability. Thanks to the desensitization of the immune response, sleep patterns will

improve and acute attacks and the need for medication will substantially decrease. This means the individual will have more energy to work or exercise and become stronger and more resilient to every day infections.

SESSION RECOMMENDATIONS

Depending on age and severity, 15-20 sessions are recommended for long term results with the initial sessions close together. 2-3 sessions a week is suggested for the first month and fewer sessions per week after 30-60 days depending on results.

BRONCHITIS

Bronchitis is a respiratory disease where the mucus membrane in the lungs bronchial passages becomes inflamed. When the irritated membrane swells and grows thicker, it narrows or shuts off the tiny airways in the lungs. This causes coughing spells that may be accompanied by phlegm and breathlessness.

There are 2 forms of bronchitis: Acute, which lasts from 1-3 weeks, and Chronic, which lasts at least 3 months of the year for 2 years in a row.

Acute bronchitis is generally caused by lung infections. Repeated attacks of acute bronchitis, which can weaken and irritate bronchial airways over time, can result in chronic bronchitis.

Salt Therapy can bring much needed relieve and also prevent frequent recurrence of symptoms. Inhalers and prescription drugs may bring immediate relief but used in tandem with Salt Therapy can have a lasting effect.

Salt kills bacteria and the dry micro particles of salt that are inhaled during a therapy session to destroy bacteria and reduce inflammation. Salt Therapy also widens the airways through reducing inflammation which helps to shift mucus and reduce the chance of infection.

By visiting our Salt Rooms and/or Salt Bed and inhaling the saline aerosol, you can find safe and natural relief. You can reduce the need for medication and alleviate coughing, shortness of breath and clear mucus/sticky phlegm. You can also strengthen your immune system to prolong remission times and improve your ability to live well.

SESSION RECOMMENDATIONS

Depending on age, 10-30 sessions are recommended for long term results. The sessions should be spaced closely with 2-3 per week. Typically, it can take 3-4 sessions to start seeing results and over 10 sessions to see consistent change.

COPD

COPD (Chronic Obstructive Pulmonary Disease) is a lung disease that makes it hard to breathe. Caused by damage to the lungs over many years, it usually results from smoking but can also be caused by breathing chemical fumes, dust or air pollution over time. Second-hand smoke also may damage the lungs. COPD is often a mix of 2 diseases:

Chronic Bronchitis ([link to Bronchitis page](#)) - the bronchial tubes (the airways that carry air to the lungs) get inflamed, make mucus and it becomes difficult to breathe.

Emphysema - Tiny air sacs in the lungs are like a balloon, and in a healthy person, they get bigger and smaller as you breathe in and out. But with emphysema, the air sacs are damaged and lose their stretch so less air gets in and out of the lungs. This leaves the sufferer with a feeling of shortness of breath.

COPD gets worse over time and the damage cannot be undone. But you can take steps to prevent more damage and to feel better with Salt Therapy.

Salt Therapy can bring much needed relieve through the inhalation of dry salt crystals. This is clinically proven to cleanse the respiratory system and to speed up the elimination of toxins.

Dry salt crystals work as a "Bronchial Brush" for the airways. This results in reducing inflammation and restoring the normal transport of mucus secretion. It also helps to free blockage in the Bronchi and Bronchioles, leading to better elimination of the residual tar and allergens.

Salt kills bacteria, which is a major element of bronchitis, and the dry micro particles of salt that are inhaled during a therapy session reduce inflammation and widen the airways. Salt Therapy also helps to shift mucus and reduce the chance of infection.

By visiting our Salt Rooms and/or Salt Bed and inhaling the saline aerosol, you can find safe and natural relief.

You can reduce the need for medication and alleviate coughing, shortness of breath and clear mucus/sticky phlegm. You can also strengthen your immune system to prolong remission times and improve your ability to live well.

SESSION RECOMMENDATIONS

Depending on age and severity, 20-30 sessions are recommended for long term results with the initial sessions close together. 3-4 sessions a week are suggested for the first month to notice results and the remainder of the sessions may be spaced out further, based on desired results.

For irreversible conditions, 2 to 3 months follow up sessions are recommended to maintain clear lungs.

COLD/FLU

Around 300 million people in the US come down with a cold or flu each year. Medical treatment can ease symptoms of the cold or shorten the duration of the flu but these options do not provide prevention.

Clinical studies have shown that salt therapy is a safe, natural option to alleviate symptoms and prevent the occurrence of cold and flu. The New England Journal of Medicine (2006) shows: "Inhalation of hypertonic saline produces sustained acceleration of mucus clearance and improved lung function. This treatment may protect the lung from insults that reduces mucus clearance and reduces lung disease." Also, in a placebo-controlled clinical trial, The Journal of Aerosol Medicine (1995) stated tremendous improvements in patients suffering from various types of respiratory diseases (bronchial asthma, chronic obstructive and non-obstructive bronchitis bronchiectasis, cystic fibrosis) who underwent halotherapy. Salt therapy is an excellent addition to your wellness routine to prevent and treat cold and flu.

While we do not encourage guests to come to the facility while contagious, salt therapy can bring relief by opening the nasal airways, killing bacteria and assisting with the drainage of the sinuses. Because salt therapy accelerates mucus clearance from the lungs, those suffering from chest congestion will begin to breathe easier.

As a preventative measure, salt therapy reduces stress which can weaken the immune system and make it less effective at preventing illness, so integrate salt therapy into your wellness routine to live well.

SESSION RECOMMENDATIONS

7-15 sessions are recommended as a preventative routine with results lasting from 6-12 months. Monthly integration of salt therapy to boost the immune system through stress reduction is recommended with additional visits when needed.

CYSTIC FIBROSIS

More than 33,000 people are living with cystic fibrosis in the United States and approximately 1,000 new cases are diagnosed each year. Cystic fibrosis is a complex

disease and the types and severity of symptoms can differ widely from person to person.

People with cystic fibrosis are at a greater risk of getting lung infections because of the thick, sticky mucus that builds up in their lungs, allowing germs to thrive and multiply. Lung infections, caused mostly by bacteria, are a serious and chronic problem for many people living with the disease. These can be treated, though not cured, by antibiotics and other medications.

Those with cystic fibrosis should work closely with their medical professional for an individualized treatment plan and consider adding salt therapy into a wellness routine.

Salt kills bacteria and helps to shift retained mucus to reduce the chance of infection. Salt is also anti-inflammatory which will assist in opening the airways to clear excessive mucus. Salt Therapy can bring much-needed relief but it also prevents symptoms from recurring so frequently.

Salt Therapy is a clinically proven natural, safe and beneficial method of treatment for every age group.

SESSION RECOMMENDATIONS

Depending on age and stage of your condition, 20-30 sessions are recommended for long term results. Sessions should be close together with 2-3 sessions per week. Follow up sessions are recommended to maintain optimal lung functions by clearing out retained mucus.

DERMATITIS

Dermatitis, also known as eczema, is when the skin becomes inflamed or irritated. It is characterized by itchy, weeping and crusting patches. The cause of dermatitis is unclear with one possibility being a dysfunctional interplay between the immune system and the skin.

A substantial portion of the US Population has symptoms of eczema; 31.6 million people have eczema and over 10% of children suffer from the condition. Our Personal Booth is a perfect addition for guests who would benefit from having the salt settle on their skin. Guests may disrobe in the Private Room, allowing affected skin to be exposed.

Eczema is almost always itchy and sometimes the itching will start before the rash appears. Most commonly the rash presents on the face, back of the knees, wrists, hands of feet and other areas as well.

In infants, the rash can produce an oozing, crusting condition that happens mainly on the face and scalp and patches can appear anywhere.

Most people can effectively manage their disease with medical treatment and avoid irritants. Salt Therapy can be added as a supportive treatment to see positive results.

Salt Therapy can bring much needed relieve and also prevent frequent flair ups of symptoms to deliver a lasting effect.

Salt kills bacteria and the dry micro particles of salt that are inhaled during a therapy session to destroy bacteria and reduce inflammation. The salt particles circulated through the air can settle on the skin, providing additional relief.

By visiting our Salt Rooms and Salt Bed and inhaling the saline aerosol, you can find safe and natural relief. Guests can reduce the need for medication and can also strengthen the immune system to prolong remission times and improve the ability to live well.

SESSION RECOMMENDATIONS

Depending on age and severity, 15-20 sessions are recommended for long term results with the initial sessions close together. 2-3 sessions a week are suggested for the first month to notice results and the remainder of the sessions may be spaced out further, based on desired results.

Children with eczema respond much quicker but most guests continue to visit weekly to maintain results.

EAR INFECTIONS

More than 75% of children may experience at least one infection of the ear or otitis media before reaching 3-years-old. Adults are also prone to ear infections, though this condition is typically seen in younger children.

During a cold, the middle ear space can become filled with mucus and may then become infected by germs. Children who have mucus behind their eardrum are more prone to ear infections, which can happen for no apparent reason.

Chronic ear infections may be more destructive than acute ear infections because the effects are prolonged and repeated. This may cause permanent damage to the ear, yet may show less severe symptoms and can go untreated for a long time.

By visiting our Salt Rooms and Salt Bed and inhaling the saline aerosol, you can find safe and natural relief. Guests can reduce the need for medication and can also strengthen the immune system to prolong remission times and improve the ability to live well.

Salt kills bacteria and the dry micro particles of salt that are inhaled during a therapy session help to reduce inflammation. Salt Therapy also widens the airways through reducing inflammation which allows for better drainage to reduce the chance of infection. Salt therapy also strengthens the immune system making it less likely to experience future infections.

SESSION RECOMMENDATIONS

Depending on whether the infection is acute or chronic, 10-15 sessions are recommended for long term results with the initial sessions close together. 2-3 sessions a week is suggested for the first month and fewer sessions per week after 30-60 days depending on results.

** After a course of Salt Therapy, most children see symptoms disappear. Treatment efficacy is estimated at 75-98%.*

PSORIASIS

Psoriasis causes cells to buildup rapidly on the surface of the skin, forming thick, silvery scales. Dry, red patches can develop that are itchy and sometimes painful.

Psoriasis commonly affects the elbows, knees and scalp and has many different appearances. It may be large thick plaques of raised skin, small flattened bumps, red patches and pink mildly dry skin to dry skin that flakes off.

Salt therapy can provide relief to allergy sufferers. Salt Therapy can bring immediate relief but it can also prevent the frequency with which symptoms occur.

Salt kills bacteria and the dry micro particles of salt that are inhaled during a therapy session to destroy bacteria and reduce inflammation. The salt particles circulated through the air can settle on the skin, providing additional relief.

By visiting our Salt Rooms and/or Salt Bed and inhaling the saline aerosol, you can find safe and natural relief. You can reduce the need for medication and can also strengthen your immune system to prolong remission times and improve your ability to live well.

SESSION RECOMMENDATIONS

Depending on age and severity, 15-20 sessions are recommended for long term results with the initial sessions close together. 2-3 sessions a week are suggested for the first month to notice results and the remainder of the sessions may be spaced out further, based on desired results.

RHINITIS

Rhinitis is irritation and inflammation of the mucous membrane inside the nose. Common symptoms are a stuffy nose, runny nose, sneezing and post-nasal drip. In rhinitis, the inflammation of the mucous membrane is caused by viruses, bacteria, irritants or allergens.

Rhinitis is categorized into three types (i) infectious rhinitis includes acute and chronic bacterial infections; (ii) nonallergic rhinitis and (iii) allergic rhinitis (link to allergies for more information). Non-allergic can co-exist with allergic rhinitis and is referred to as "mixed rhinitis".

An estimated 17 million people in the United States suffer from nonallergic rhinitis. Individuals typically experience symptoms year-round, though symptoms may be exacerbated in the spring and autumn.

Salt therapy can provide relief to allergy sufferers. Salt Therapy can bring immediate relief but it can also prevent the frequency with which symptoms occur.

Salt kills bacteria and the dry micro particles of salt that are inhaled during a therapy session are able to reach the entire sinus cavity to destroy bacteria and reduce inflammation. Salt Therapy also widens the airways by reducing inflammation which helps to shift mucus and reduce the chance of infection.

Salt Therapy is a beneficial method of treatment for every age group. By visiting our Salt Rooms and Salt Bed and inhaling the saline aerosol, you can find safe and natural relief. You can reduce the need for anti-histamine, alleviate sneezing, coughing and shortness of breath and clear mucus/sticky phlegm. You can also strengthen your immune system to prolong remission times and improve your ability to live well.

SESSION RECOMMENDATIONS

Depending on age and severity, 15-20 sessions are recommended for long term results with the initial sessions close together. 2-3 sessions a week is suggested for the first month and fewer sessions per week after 30-60 days depending on results.

Sinusitis/Sinus Infection

Sinusitis typically develops after a cold or flu-like illness. When the lining of the sinuses is swollen, the inflammation interferes with the normal flow of mucus. As

trapped mucus fills the sinuses, pressure builds, causing uncomfortable sinus pain and providing an excellent environment for bacteria to grow. Health experts predict approximately 37 million Americans will suffer from sinusitis this year.

Sinus pain can occur for a variety of reasons:

- Bacteria, viruses or allergens in the environment
- Nasal swelling, due to an infection or an allergic reaction can place pressure on adjoining sinuses
- Mucus build-up within a sinus
- Occasionally a vacuum can develop in a sinus because of a swollen mucus membrane which can cause intense pain.

Most people who experience sinusitis have more than one infected sinus at any given time. Symptoms do not always indicate which locations are inflamed.

Acute sinusitis means that the infection develops quickly and lasts a short time. Many cases of acute sinusitis last roughly a week but is it not unusual for it to last at least 2-3 weeks.

Salt Therapy is a beneficial method of treatment and can bring relief as well as prevent frequent reoccurring symptoms. Salt kills bacteria and the dry micro particles of salt that are inhaled during a therapy session are able to reach the entire sinus cavity to destroy bacteria and reduce inflammation. Salt Therapy also widens the airways by reducing inflammation which helps to shift mucus and reduce the chance of infection.

By visiting our Salt Rooms and inhaling the pharmaceutical grade saline aerosol, guests find safe and natural relief. Clinically proven, salt therapy is an effective complementary treatment for every age group. Guests can also strengthen their immune system to prolong remission times and improve the ability to live well.

SESSION RECOMMENDATIONS

Depending on age and severity, 15-20 sessions are recommended for long term results with the initial sessions close together. 3-4 sessions a week are suggested for the first month and fewer sessions per week as needed after 30-60 days depending on results.

Smokers Cough

A smoker's cough is a persistent cough that is present for more than 2-3 weeks and develops in a long-term smoker. At first it may be a dry cough, commonly in smokers who haven't smoked for very long, but over time it usually produces phlegm. This phlegm can be clear, white, yellow or green in color.

The airways are lined with cilia which are tiny, hair-like cells that catch toxins when air is inhaled and moves them upwards towards the mouth in order to sweep harmful substances out of the lungs. Smoking paralyzes these cells so the cilia cannot do their job. Toxins are allowed to enter the lungs, where they settle and cause inflammation. Cilia that are damaged or destroyed can no longer sweep harmful substances, such as dust, bacteria and viruses out of the lungs. This leads to a build-up of mucus mixed with the foreign substances in the respiratory tract, which the body attempts to clear by coughing.

The body has an effective self-cleansing mechanism and some toxins are removed by the natural cleansing mechanism of our lungs. But long-term smoking leads to an increased risk of developing pneumonia and acute bronchitis ([Link to bronchitis page](#)) due to the build-up of viruses and bacteria in the respiratory tract.

Salt Therapy is a proven, safe and natural therapy to help treat Smoker's Cough. A smoker's lungs are filled with tar and smoke residue from exposure to nicotine. The cilia that are responsible for moving mucus out of the lungs are damaged from this exposure. Dry salt aerosol improves function of cilia, increasing their cleaning efficiency and ability to move mucus out of the lungs.

Dry micro particles of salt that are inhaled during a therapy session destroy bacteria and reduce inflammation. Salt Therapy also widens the airways through reducing inflammation which helps to shift mucus and reduce the chance of infection.

By visiting our Salt Rooms and inhaling the saline aerosol, guests can find safe and natural relief. Guests can reduce the need for medication and alleviate coughing, shortness of breath and clear mucus/sticky phlegm. Guests can also strengthen their immune system to prolong remission times and improve the ability to live well.

SESSION RECOMMENDATIONS

Depending on severity, 20-30 sessions are recommended for long term results with the initial sessions close together. 2-3 sessions a week are suggested for the first month to notice results and the remainder of the sessions may be spaced out further, based on desired results. For irreversible conditions, 2-3 sessions per month are recommended to maintain clearer lungs.

Stress

Stress impacts each person in some way on a daily basis. Stress symptoms may be affecting your health, even though you might not realize it. One may think illness is to

blame for a nagging headache, frequent insomnia or decreased productivity at work. But stress may actually be the culprit.

Common effects of stress on your body include:

- Headache
- Muscle Tension or pain
- Chest pain
- Fatigue
- Change in sex drive
- Upset stomach
- Sleep problems
- Anxiety
- Restlessness
- Lack of motivation or focus
- Feeling overwhelmed
- Irritability or anger
- Weakened immune system

Studies have shown that when we reduce stress, our bodies heal more efficiently. At SERENITY SALT SPA, we offer our guests multiple treatment options to help manage stress levels. We believe in the superiority of Himalayan Salt which is prized for its healing and restorative powers since ancient times. Our salt comes from the 2nd largest salt mine in the world, located in Khewra, Pakistan.

Himalayan Salt is naturally enriched with negative ions. We are surrounded by positive ions each day, emitted by computers, televisions and other electronic devices. These positive ions create an atmosphere of increased anxiety. Negative ions appear in nature more readily than positive ions and are found in plants and moving water such as waterfalls, rivers and the ocean.

We provide guests with a comfortable, relaxing and restorative environment, surrounded by negative ions circulated in the air with the dry aerosol salt and on the floor, which is covered with Himalayan salt. From our group therapy sessions, detox services, massage services to our holistic approach on skin services, guests find that incorporating salt therapy and holistic services into their wellness routine, aids with stress management will allow them to live well.

Discuss your wellness goals with one of our Salty Staff Members to formulate the optimal wellness plan.

