

Salt Room Therapy FAQ

HOW DOES SEA SALT THERAPY WORK?

Salt is naturally very absorbent, antibacterial, antifungal, antiviral, and anti-inflammatory. Our halogenerator grinds the salt and disperses the aerosol into the air in our Salt Room. The particles are inhaled and naturally the salt starts to absorb allergens, toxins, and foreign substances. Additionally, salt particles falling onto the skin are absorbing any bacterial foreign substances.

Our halogenerator crushes pure, imported Sea Salt, into small particles during the session, the size of one to ten micrometers. Particles bigger than five micrometers are caught in the nose and throat, while smaller particles can penetrate deep into the lungs. Our room is normally set for 40% to 60% saturation. For an additional fee, we can increase this saturation level above 60%.

IS SEA SALT THERAPY SAFE FOR CHILDREN?

Yes. Sea Salt Therapy is 100% safe for children and adults. Children are more vulnerable to respiratory problems because they pick up more viruses from pollutants in their environment, and their lungs are not fully developed until about the age of nine.

HOW MANY SESSIONS ARE RECOMMENDED?

Every experience is different, and it depends on the type and severity of your condition. Based on research for chronic respiratory and dermatological conditions such as asthma, bronchitis, sinusitis, allergies and psoriasis, it is strongly recommended to complete 12 to 25 sessions, preferably within four to eight weeks.

You may feel some improvement after a single session, but a series of treatments is required to achieve long-term results.

For mild conditions such as colds, flu symptoms, ear infections or other temporary respiratory discomforts, 6 to 8 treatments may be enough.

Some people use treatments as a preventative measure to avoid the common cold and other respiratory viruses.

Salt Room Therapy is most effective when used twice a week.

WHAT SHOULD I WEAR TO THE TREATMENT SESSION?

You may wear anything that you are comfortable in, as you will remain entirely clothed for the session. The salt will not damage your clothes or leave any noticeable residue; therefore, no special clothing is required. We do, however, require you to wear clean socks in the room; no bare feet or shoes are allowed. We also kindly ask that you not wear perfumes before or during a session as other visitors may be allergic or sensitive to them.

WHAT ARE THE ADVANTAGES OF SEA SALT THERAPY COMPARED TO PRESCRIBED MEDICINE?

Sea Salt Therapy is a complementary treatment to modern medicines. Patients who undergo treatment often find they can reduce their dependence on certain medications and that their symptoms become less frequent and less severe. However, you should always follow your doctor's advice and your prescribed medication regime.

Sea Salt Therapy is a 100% drug free, non-invasive and comfortable treatment with no side effects or potential health hazards.

WHAT WILL I EXPERIENCE WHEN I AM IN THE SALT ROOM?

The Salt Room is designed to amplify the treatment experience and provide deep relaxation while you inhale our highly concentrated salty air. During the session, you may listen to music, meditate or read. Children are free to move around and play with the loose salt and toys, and child chairs are available.

All Salt Room sessions are 45 minutes in length.

WHAT IS THE TEMPERATURE IN THE SALT ROOM?

The temperature in the room is maintained at room temperature; additionally, the humidity level is controlled for optimal treatment conditions.

WILL OTHER PEOPLE BE IN THE SALT ROOM WITH ME DURING THE THERAPY SESSION?

It is possible that there will be other people in the room during the session. Our room accommodates a maximum of six (6) adults. If you prefer being alone, you can book with a group of friends or family members, or a private session at an additional cost.

SHOULD I WORRY ABOUT BEING IN THE SAME ROOM WITH OTHER CLIENTS? IS THERE A CHANCE THAT I MAY CATCH INFECTION FROM OTHER CLIENTS WHO ARE COUGHING OR SICK?

It is practically impossible to catch any infection or be affected by bacteria during the therapy, since our Sea Salt Therapy room is sterile and salt is naturally antibacterial, antiviral, and antifungal, and it kills most bacteria on contact. Additionally, our filtered ventilation system is constantly working to circulate the air in the salt room and dispose of used air, bringing in clean and filtered air.

WHEN SHOULD I AVOID SEA SALT THERAPY?

Avoid using salt therapy if any of the following conditions are present:

- infections accompanied by fever
- acute active tuberculosis
- cardiac insufficiency
- COPD in the third stage
- bleeding or spitting up blood
- alcohol or drug intoxication
- unstable or uncontrolled hypertension; and
- acute stages of respiratory diseases.



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348 4TH AVENUE N
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CHECK OUT OUR WEBSITE ...
<https://yktnsaltroom.weebly.com>

Salt Therapy Research

Salt Therapy Association:

Research Articles

<https://www.salttherapyassociation.org/research-articles/>

The New England Journal of Medicine (January 2006):

“A Controlled Trial of Long-Term Inhaled Hypertonic Saline
in Patients with Cystic Fibrosis”

<https://www.nejm.org/doi/full/10.1056/NEJMoa043900>

NCBI - US National Library of Medicine (1999):

[Halotherapy in the combined treatment of
chronic bronchitis patients] (Article in Russian)

<https://www.ncbi.nlm.nih.gov/pubmed/10439712>

NCBI - US National Library of Medicine (1995):

Journal of Aerosol Medicine

“Halotherapy for Treatment of Respiratory Diseases”

<https://www.ncbi.nlm.nih.gov/pubmed/10161255>

TIME.com (November 2010)

“Halotherapy: Is Halotherapy for Real?”

<http://healthland.time.com/2010/11/05/halotherapy-is-salt-treatment-for-real/>

Wall Street Journal.com (May 2010):

“Halotherapy: Taking a Mound of Salt
for What Ails You”

<https://www.soft.net/article/296701-Halotherapy-Taking-a-mound-of-salt-for-what-ails-you>

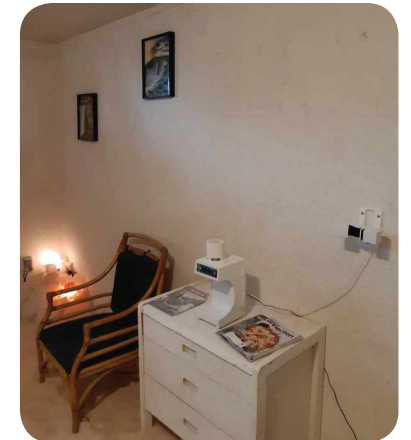
Scientiapress.com:

“Halotherapy: Aerosol Salt Treatment
for Respiratory Diseases”

<https://www.scientiapress.com/halotherapy>



SALT ROOM THERAPY



AILMENTS THAT CAN BE TREATED WITH SALT THERAPY ...

- Asthma / Allergies
- Common Cold / Bronchitis
- COPD
- Cystic Fibrosis
- Sinusitis / Ear Infections
- Smoker's Cough
- Psoriasis / Eczema /
Skin Conditions & Rashes