

# ALLERGIES

Halotherapy (dry salt therapy)



BREATHE, RELAX & HEAL



# Allergies

Allergies occur when your immune system reacts to a foreign substance such as pollen, air borne particles, pet dander or a certain food. When you have an allergy, your immune system makes antibodies that identify a particular substance as harmful. When you come into contact with that substance your immune system reacts which can make your skin itchy and inflamed, block sinuses and airways and can even affect the digestive system. Many people who suffer severe allergies experience sore, itchy eyes, feel drowsy and have difficulty breathing. In severe cases the airflow through to the lungs can be completely restricted.

## **How Halotherapy can help**

During a Halo Salt Room session, the inhaled salt particles help to reduce inflammation and thin bronchial and nasal secretions. Improved drainage allows for reduction in contaminants that may trigger or prolong allergic reactions. Salt helps to absorb oedema from swollen mucosa linings in the sinus and respiratory tract and opens airways to bring about quick relief of symptoms. Long-term studies with allergy patients in Russia who reported remarkable improvement over a period of 10 years have led to Halotherapy being recognised as a certified allergy treatment by the Russian Ministry of Health and other associations in Europe.

**Halo Therapy can be applied as a complimentary method to promote and maintain clear, healthy skin and respiratory system.**



## **HALO SALT ROOMS**

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