

# SNORING & SLEEPING PROBLEMS

Halotherapy (dry salt therapy)



BREATHE, RELAX & HEAL



# Yes, you really do make that sound

Are you constantly kept awake by your partners snoring? Do you sleep in different rooms? Do you wake yourself during the night from snoring or gasping for breath? These issues can severely affect your sleep patterns and leave you tired and irritated. Snoring is the vibration of respiratory structures and the resulting sound due to obstructed air movement during breathing while sleeping. In some cases, the sound may be soft, but in most cases, it can be loud and unpleasant.

## **How Halotherapy can help**

Exposure to salt therapy has an accumulative effect, so symptoms gradually reduce with subsequent sessions. Compared to other snoring remedies salt therapy is a non-invasive solution, which helps to reduce soft palate swelling and clears the nasal passages, allowing clearer breathing through the nose – thus reducing the likelihood of snoring. Aerosol particles penetrate deeply into the nose cavity, sinuses and respiratory tract removing mucus and bacteria, clearing the airways to improve breathing so that you and your partner can sleep soundly.



## **HALO SALT ROOMS**

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