

STRESS, ANXIETY & FATIGUE

Halotherapy (dry salt therapy)



BREATHE, RELAX & HEAL



Stress can wear you out.

We live in a busy world, moving from one task to the next, balancing family, work and other responsibilities which can lead to constantly living in fight or flight mode. When our bodies are under large amounts of stress, cortisol levels increase which is the bodies natural stress hormone. In a normal situation, cortisol levels increase when the body realises it needs to get a job done or is in danger such as waking in the morning and getting out of bed. In the evenings cortisol levels drop allowing our bodies to rest, sleep and repair. However, it is becoming increasingly common for people to be living in this high stress state throughout the day, constantly worrying about what needs to get done. Not being able to relax and allow our bodies to recover is extremely detrimental to our long-term health and mental wellbeing. Increasing the risk of conditions such as:

- high blood pressure
- depression or anxiety
- muscle tension, headaches
- mental health disorders and even suicide.
- obesity and diabetes
- heart disease
- irritable bowel disorder

How Halotherapy can help

Salt generates negative ions which help to counter balance the influx of positive ions in our daily lives. Once the negative ions penetrate deeply into our bodies, it is believed to produce biochemical reactions that increase levels of the mood chemical serotonin, helping to alleviate depression, relieve stress and boost daytime energy.

Halo salt rooms offer a calming environment that encourages healing while allowing the body to reassert its natural healthy balance. The negative charge and high surface energy of dry salt particles penetrates deep into the internal airways, bonding with positive ions to calm and relax internal muscles. The same action is simultaneously performed externally as the charged particles coat the skin, reducing chronic hypersensitivity caused by environmental stresses and encouraging cellular regeneration.



HALO SALT ROOMS

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