



HALO
SALT ROOMS

BREATHE, RELAX & HEAL

HALOTHERAPY

A natural, safe and complementary therapy for respiratory, skin conditions and general well-being

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THE HISTORY OF HALOTHERAPY

In 1843 a Polish Doctor, named Felix Boczkowski observed that people working in the Wieliczka salt mine rarely suffered from respiratory problems, in particular asthma, COPD, hay fever and common respiratory illness. He traced the influencing factor to the inhalation of salt dust particles in the mines.

From this finding, a Halotherapy cave (speleo therapy) was developed in Poland as a therapeutic facility for treatment of adults and children. In Germany during World War II, salt mines were commonly used as bomb shelters. It was discovered that constant bombings disturbed the mines causing salt dust in the air. Again, it was observed that people taking cover in these mines presented with fewer respiratory problems and this was deemed as a result of exposure to the salt particles. In 1949, the first treatment facility was opened in Klyetert salt cave, Germany.

Between 1949 and 1968 treatment facilities opened in Germany, Poland and Ukraine where clinical research

was carried out and physicians figured out how to simulate the natural conditions of salt caves. These facilities pioneered the evolution of above ground Halotherapy chambers, more commonly known as a salt room.

By 1985 a device was engineered to replicate the grinding and crushing of salt and dispersing particles into the air allowing Halotherapy to become available to the rest of the world. Halotherapy treatment clinics opened across Europe, Russia and Scandinavia during the 1980s and 1990s allowing more people access to the benefits of salt therapy within health and wellness settings.

Dry salt therapy is an alternative drug free treatment that provides safe and gentle respiratory hygiene and supports general well-being and relaxation.

Halotherapy was first introduced into Australia in 2010, and has gained more popularity among people looking for the cleansing benefits of this natural drug free therapy.

WHAT IS HALOTHERAPY?

Halotherapy is a Dry Salt Therapy that utilizes a halogenerator to grind and crush 99.9% Pure Grade Sodium Chloride (Salt) into micronized particles that are dispersed into a salt room, salt cave, or salt chamber via a dry salt aerosol that works to aid respiratory concerns and skin conditions. If there is no halogenerator, there is no halotherapy.

How Halotherapy works?

There are 3 fundamentals of Halotherapy:

1. **Super Absorbent** – Dry salt acts like a sponge attracting foreign substances along its path through the respiratory tract. The dry salt behaves like a toothbrush that cleans the respiratory system removing the build-up of foreign elements that cause various respiratory ailments and conditions.
2. **Anti-inflammatory** – Inhaled dry salt particles may help to reduce inflammation in the entire respiratory tract and widen the airway passages. A clean respiratory system naturally results in higher oxygen intake, increased energy and an improved immune system.
3. **Anti-bacterial** – The dry salt particles act as an anti-bacterial agent, dissolving bacteria and pollutants lodged in the respiratory tract. These are then either coughed up or naturally expelled by the body.

Who Benefits from Halotherapy?

Halotherapy benefits adults and children alike, as well as athletes and animals. It is natural and safe and there are no side affects. Many people who undergo halotherapy as a complementary treatment on a regular basis may find relief from a variety of respiratory conditions such as:

- Asthma
- Chronic Bronchitis
- Coughs, Cold & Flu
- Sinus Infections/Sinusitis
- Cystic Fibrosis
- Ear Infections
- Chronic Bronchitis
- Emphysema
- COPD
- Allergies/Hay Fever
- Snoring & Sleeping Problems

Halotherapy is also extremely beneficial to your skin in treating:

- Acne
- Psoriasis
- Eczema

In addition, salt naturally produces negative ions that have been shown to reduce:

- Stress
- Anxiety
- Fatigue



THE BENEFITS OF HALOTHERAPY



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.



ASTHMA

Asthma is a condition where the airways become inflamed, narrow and swell, and produce extra mucus. This can cause difficulty breathing and trigger coughing, wheezing and shortness of breath. Imagine breathing through a straw all the time, with your lips tightly closed. This is what it feels like for many asthma sufferers. The airways can be severely restricted, meaning not enough oxygen can be passed through to the lungs. Asthma is the third leading cause of death in New Zealand and is more common in Children.

How Halotherapy can help

Halotherapy can dramatically reduce asthma symptoms with the inhalation of dry salt aerosol. This can improve mucociliary clearance and decrease bronchial inflammation which means better lung function, fewer spasmodic attacks, and clearer air

passages. The sodium chloride particles are carried into the deepest recesses of the bronchial system due to the unique aerosol dispersal system and the microscopic size of the particles. Halotherapy can help create a better flow of oxygen into the lungs, kind of like breathing through a much bigger straw.

In controlled studies, the majority of subjects showed reduced bronchial obstructions, better drain function of the airways, and improved viscosity of bronchial secretions. The number and intensity of asthma attacks was reduced and respiratory discomfort decreased, which allowed most to reduce or even eliminate prescribed medication.

Halo Therapy can be applied as a complimentary method to promote and maintain a clean and healthy respiratory system



ATHLETES

Reaching your maximum potential

Whether you are a social sports player or professional athlete you most likely want to reach optimal performance at some stage. In order to reach your maximum potential, you need to train hard. After a hard training session, you might feel out of breath, struggle to recover, or feel tired and dizzy. Poor breathing techniques and limited lung capacity can lead to you not being able to reach your full potential. Many athletes look for ways to improve breathing by optimising lung capacity and thus shortening recovery time.

Poor breathing patterns in athletes can lead to increased dehydration, reduced stamina, increased

risk of injury, longer recovery time and elevated heart rate.

How Halotherapy can help

Halotherapy helps dissipate mucus from the airways to remove airflow obstructions and maintain clear airways. When our airways are clear, we are able to take in more oxygen which in turn leads to better endurance, performance and faster recovery time. Halotherapy not only helps to combat respiratory and skin conditions but helps to prevent and treat respiratory weakness that many athletes experience.



COPD, EMPHYSEMA & BRONCHITIS

Finding it hard to breathe?

Chronic obstructive pulmonary disease (COPD) is a chronic inflammatory lung disease that causes obstructed airflow from the lungs. Symptoms include difficulty breathing, cough, mucus (sputum) production, and wheezing. Emphysema and Chronic Bronchitis are the two most common conditions that contribute to COPD.

Chronic bronchitis occurs when the lining of the bronchial tubes becomes inflamed, restricting airflow from the air sacs (alveoli) of the lungs. Common characteristics include a daily cough and mucus production.

Emphysema is a long-term, progressive disease of the lungs that causes shortness of breath due

to over inflation of the alveoli which can block airflow and make it difficult to breath.

How Halotherapy can help

Halotherapy helps to cleanse the respiratory system and speed up the elimination of toxins from the body. Inflammation is reduced due to natural properties of the inhaled salt particles. The smallest micro particles of salt reach the lower respiratory system and work as a “bronchial brush” for the airways.

Halo Therapy can be applied as a complimentary method to promote and maintain a clean and healthy respiratory system.



COUGHS, COLDS AND FLU

The flu is a contagious respiratory illness caused by influenza A or B viruses that appears most frequently in winter and early spring. Young children, older adults, pregnant women and people with chronic disease or weak immune systems are at high risk. The flu virus attacks the body by spreading through the upper and/or lower respiratory tract

Symptoms include fever, chills, muscle aches, cough, congestion, runny nose, headaches and fatigue. The flu is treated primarily with rest and fluid to let the body fight the infection on its own. Over-the counter anti-inflammatory pain relievers may help with symptoms.

How Halotherapy can help

Halotherapy can have an immediate effect on the symptoms of colds and flu. The inhaled salt aerosol naturally absorbs fluid from swollen air passages and thins mucus secretion to improve drainage.

The sterile, isolated treatment environment of salt rooms means they are free from external contaminants and give the immune system a chance to reassert itself. A series of halotherapy treatments not only help to relieve cold and flu symptoms but increase resistance to new infections in the future.



CYSTIC FIBROSIS

Cystic Fibrosis is an inherited disorder that causes severe damage to the lungs, digestive system and other organs in the body. It affects the cells that produce mucus, sweat and digestive juices. These secreted fluids are normally thin and slippery but in people with Cystic Fibrosis, a defective gene causes the secretion to become sticky and thick. Instead of acting as a lubricant, the secretion blocks tubes, ducts and passageways, especially in the lungs and pancreas.

How Halotherapy can help

Halotherapy has proven to be an invaluable resource for sufferers of Cystic Fibrosis. The hydrophilic and microkinetic action of inhaled salt particles thins unnaturally thick and sticky mucus, unclogging

passages in the bronchi and bronchioles. Other benefits are the absorption of oedema (fluid) from the mucosa lining of the airways and the reduction of inflammation in the respiratory track and sinuses.

According to a study published in the New England Journal of medicine regarding the side effects of Halotherapy in Cystic Fibrosis patients, “the results of our trial were revolutionary. We saw a sustained improvement in lung function, a major reduction in the number of lung flare-ups, a reduced need for antibiotics, and fewer days off school or work due to illness.”

Halo Therapy can be applied as a complimentary method to promote and maintain a clearer and healthier respiratory system.



EAR INFECTIONS

Ear infections are painful!

An ear infection is a bacterial or viral infection that affects the middle ear. These are often painful due to inflammation and build-up of fluids in the middle ear.

How Halotherapy can help

Halotherapy helps to reduce oedema in passages and cavities that are not immediately accessible

to other treatments. Aerosolised particles are able to penetrate deep into the internal passage of the ear, reducing inflammation, oedema and bacteria. Halotherapy is perfectly safe and comfortable for children as well as adults and can reduce the recurrence of such infections.



KIDS IMMUNE SYSTEM

Lung and skin related health concerns such as Asthma, Eczema and allergies have been consistently rising in New Zealand. Children tend to be more susceptible than adults to these kinds of conditions which can lead to more sick days off school, more doctors visit and increased use of antibiotics and steroids. One in six kiwis suffer from Asthma and About 20 per cent of the general population suffers from rhinitis. Of these people, about one third develops problems before the age of 10. Allergic rhinitis has been found to be an extremely common trigger for asthma in both children and adults. Allergic rhinitis can also exacerbate asthma, and it can make the diagnosis of asthma more difficult.

How Halotherapy can help

Don't risk your child's health. Asthma, allergies and respiratory illness can be determinantal to children. Research conducted by Professor Chervinskaya in 2005, suggests that the cleansing effects of Halo Therapy may have reduced the number of days that primary school children were absent from school due

to respiratory related conditions. Halotherapy can help reduce inflammation, kill germs and bacteria and boost your child's immune system.

Is Halotherapy Safe for Children?

Halotherapy is completely safe for children aged over six months.

What can Halotherapy help in children

- Reduce the need for inhalers and antibiotics
- Increase resistance to respiratory tract diseases
- Increased oxygen to the lungs making breathing easier
- Strengthen the immune system
- Improve lung function
- Improve sleep patterns
- Reduce symptoms of allergies including sneezing,
- Improve general health and quality of life coughing and shortness of breath
- Clear mucus and sticky phlegm from the airways



PSORIASIS, ECZEMA & ACNE

A condition that changes the life cycle of skin cells (eczema and psoriasis)

Skin conditions such as eczema, dermatitis and psoriasis not only affect the way our skin looks but can affect the way we feel about ourselves. Dermatitis (also known as eczema) is a condition that results in inflammation of the skin due to external irritants. It is characterized by itchiness, red skin, and a rash. Psoriasis is a condition in which skin cells build up and form scaly, dry patches. These conditions are not limited to any particular parts of the body and can differ in severity. Many sufferers struggle to find the root cause and use ointments and topical creams or steroids to relieve the symptoms. A well-known treatment for skin conditions such as these involves swimming in salt water such as the ocean. This is known to have

healing benefits for itchy or inflamed skin and sores.

How Halotherapy can help

Why go all the way to the beach when you can visit our Halo Salt rooms all year round. When dry salt particles settle on open skin areas they increase the activity of skin ion channels, stimulating cell growth and regeneration. Dry salt particles help to balance skin PH levels, reduce harmful bacteria and inflammation. The salt particles break down scaly skin as it assists with the sloughing process of dead skin. Skin conditions require a combined approach addressing diet, allergies, exfoliation, moisturising, and possible treatment with medicated topical creams prescribed by a Doctor.

Halo Therapy can be applied as a complimentary method to promote and maintain a clean and healthy respiratory system.



SINUS INFECTIONS

Acute sinusitis causes the cavities around the nasal passages (sinuses) to become inflamed and swollen. This can make it difficult to breathe through your nose and can cause pain around the face and neck including headaches and sometimes dizziness.

How Halotherapy can help

Halotherapy can significantly help chronic sufferers of sinusitis when the dry salt particles deeply penetrate into the sinus cavities, improving drainage and increasing aeration behind the tympanic membrane.



SNORING & SLEEPING PROBLEMS

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.



STRESS, ANXIETY & FATIGUE

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
- obesity and diabetes
- depression or anxiety
- heart disease

- muscle tension, headaches
- irritable bowel disorder
- mental health disorders and even suicide.

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.



OUR ROOMS

Adult Salt Room:

13 years plus.

In our adult salt room, we have created a space where people can sit, relax and heal. The room is set at a lovely warm temperature of 22 degrees, with nice low lights and quiet music to help you relax from the stresses of the outside world, while breathing in the natural benefits of salt.

We encourage people in this room to remove themselves from technology and promote it as a technology free zone.

During your 45min session you can read a book,

sleep or just lay back and relax.

To find out more about the benefits of Salt Therapy and how sitting and relaxing can help you, jump on our benefits page.

Kids salt room:

Six months to 12 years.

Playing at the beach, what could be better than that?

For our kid's room we have tried to bring in the fun element by incorporating toys/books/puzzles and more. This light fun room is designed to let



your kids play while breathing in the benefits of salt air.

To find out more about the benefits of Salt Therapy and how we can help your kids, jump on our benefits page.

During your 30min session the kids can play or relax with a book.

Private salt room:

Looking for some peace and quiet?

Our private salt room is the ultimate luxury of Salt Therapy. This space, like the adult's room,

is set at a nice 22 degrees, with low lights and quiet music. We understand that skin and respiratory conditions can vary from person to person, so this room is for those that may require the salt air to make contact with a larger area of skin or feel more comfortable being by themselves.

During your 45min session you can read a book, sleep or just lay back and relax.

To find out more about the benefits of Salt Therapy and how sitting and relaxing can help you, jump on our benefits page.

FREQUENTLY ASKED QUESTIONS

Can anyone attend Salt Therapy?

Anyone with or without respiratory or skin conditions can attend a salt room session, we actually encourage people who don't have a specific condition to regularly attend the salt rooms, purely because of the relaxing benefits of the rooms.

However, some people with acute conditions may be restricted from visiting a salt room including but not limited to people with:

- Fever with influenza or acute respiratory virus
- Active lung tuberculosis
- 3rd stage Emphysema
- Chronic Heart Failure and Fluid around the heart
- Kidney failure with the inability to tolerate salt
- Lung cancer
- Individuals who cough blood or have an abscess on the lung
- Pregnancy in the case of fluid retention
- Edema/Oedema (a build-up of fluid within the body &/or organs)

If you are unsure if you should attend a salt session we recommend you see your medical professional prior to coming to see us or give us a call and we will be able to provide you with some additional information.

It is important to understand that salt therapy is a complementary treatment for respiratory and skin conditions.

Can babies and children use the salt rooms?

At Halo Salt Rooms we welcome children 6 months and over. We have created a kid's room stocked with bean bags, toys, games and TV. Your precious young ones will receive the benefits of salt therapy while playing.

Mothers can hold and comfort their babies

in the specially designed kid's room or there are cosy places for babies to nest while benefiting from salt therapy.

How do I book?

Here at Halo Salt Rooms we want to make your experience as seamless as possible. There are 4 easy ways to book:

- Call in and see us
- Through the booking page on our website
- Call us on 027 9301586
- Download the Halo Salt Room app through

Mind body

How do I pay for my session?

We have 2 payment options, you can set up a direct debit payment through our reception and make regular payments either weekly, fortnightly or monthly (please note processing fee applies). Or you are able to pay directly at reception before or after your session. We accept cash/eftpos/ credit card

How early should I arrive before my Salt Therapy session?

If it is your first time using it and you haven't already requested a free consultation session with one of our friendly staff, then we recommend you arrive at least 15mins before your session, so you can complete the appropriate paperwork.

If you are now hooked and been before, feel free to ensure you arrive 5mins before. Unfortunately, due to the way salt therapy works, we won't be able to let people in after the session as started.

How long is a salt room session?

Sessions in the adult salt room and private room are 45mins and the kids room 30mins. We do encourage people to stay for the full allocated time, as moving in and out of the room can affect the level of salt in the atmosphere.

How often should I use a salt room?

To get the best results from salt therapy, we recommended you attend on a regular basis until congestion has cleared and your condition is manageable, this will vary from person to person. One of our Salt Therapists will recommend the best Management Plan for your conditions during your initial complimentary plan consultation

Seeing benefits from salt therapy requires consistency – after all one trip to the gym doesn't guarantee a six pack!

I have asthma but don't always need my inhaler, should I bring it with me anyway?

Yes! Even if you have minor asthma we do recommend that you bring along your inhaler with you for every session. Unfortunately, if you don't have your inhaler you will not be able to participate in the session.

What can I take into the salt room?

We recommend that you leave as much as you can outside in the lockers provided. However, you are able to take in a water bottle, book/magazine or something to read. We do encourage that you do not take in any electronic devices, as these may be affected by the salt particles in the room.

What do I wear in a salt room?

Salt rooms are a dry, sterile environment, which means you don't need to worry about getting wet or dirty. This means you can wear your normal day clothes. We do recommend that you wear a hair net and shoe covers, however these are not mandatory. If you decide not to wear shoe covers, you will need to remove your shoes for the session. Lockers are available to store your personal items.

What is the difference between salt therapy and sea air?

The salt in sea air is moist rather than the dry

salt air used in salt therapy. When you breathe in dry salt aerosol in a salt room, the minute particles line your airways and draw out the fluid from the airways penetrating deep into the lungs to clean and break up congestion which is then coughed up or naturally removed from the body.

What should I do prior to my Salt Rooms session?

There isn't anything particularly that you should do prior to turning up for your Salt session, however we do recommend you have drunk adequate water, as it can make you feel a little dehydrated after the session.

Can I wear jewellery in the salt rooms?

We recommend you remove your jewellery items. Lockers will be available to store your personal items.

How can attending salt room sessions benefit my employees?

Research has shown that adults and children who attend regular salt therapy sessions have less sick days off work and school and have less rates of recurring illness. Promoting a healthy and well workplace benefits employers with less staff taking sick days, either for themselves or for their kids, less risk of staff coming to work sick when they have no sick days left, better performance and staff retention. We encourage employers to think about holding their meetings in the salt rooms or promoting sessions through a work wellness programme.

Can i book the salt rooms out for a large group?

Yes you absolutely can. If you have a function, work meeting, staff team building, hens event, playgroup or whatever it might be, you can contact us to book out the rooms. Please note the adults and kids room hold a maximum of 10 people. Prices will be given on request.

A person is lying on a bed with white linens and a grey long-sleeved shirt. A circular graphic overlay with two concentric white lines is centered on the image. Inside the circle, the text "FEEL LIKE A WHOLE NEW YOU" is written in a dark brown, sans-serif font.

FEEL
LIKE A WHOLE
NEW YOU





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