

# ATHLETES



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LOVE  
SALT

**HALO SALT ROOMS**  
breathe better. live better.

[www.halosaltrooms.co.nz](http://www.halosaltrooms.co.nz)



# 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 salt therapy can help**

Salt therapy 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. Salt therapy not only helps to combat respiratory and skin conditions but helps to prevent and treat respiratory weakness that many athletes experience.

**Opening hours: Mon to Fri: 10am-7pm | Sat: 10am-5pm | Sun: 10am-4pm**

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