

# COUGHS, COLDS & FLU



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LOVE  
SALT

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

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



# The common cold.

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 salt therapy can help

Salt therapy 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 salt therapy treatments not only help to relieve cold and flu symptoms but increase resistance to new infections in the future.

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

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