

# PSORIASIS, ECZEMA & ACNE



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SALT

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## 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 salt therapy 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.

**Salt therapy can be applied as a complimentary method to promote and maintain a clean and healthy respiratory system.**

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

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