

SINUS INFECTIONS



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Sinusitis

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 salt therapy can help

Salt therapy 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.

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

027 930 1586 // www.halosaltrooms.co.nz // info@halosaltrooms.co.nz

117-119 Ruahine Street, Palmerston North

