

STRESS, ANXIETY & FATIGUE



WE
LOVE
SALT

HALO SALT ROOMS
breathe better. live better.

www.halosaltrooms.co.nz



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 body's 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 be done. Not being able to relax and allow our bodies to recover is extremely detrimental to our long-term health and mental well-being. 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

How salt therapy 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.

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

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