

# **FREQUENTLY ASKED QUESTIONS**

## **What should I wear into the sauna?**

It is recommended to wear the least amount of clothing that you feel comfortable with. You are welcome to bring a change of undergarments or bathing suit to wear during the session. It will get sweaty.

## **How long is a HaloGX Sauna session?**

The total session is 40 minutes. For some clients 40 minutes might be too long so feel free to start with a shorter session time and increase the session time as you determine what you are comfortable with.

## **How HOT does the sauna get?**

While the salt is generating the sauna will hover around 55° Celsius, it will not get hotter than this because the salt generator is blowing air & salt into the sauna cabin which keeps the temps cooler.

## **What if I get too HOT?**

You will be shown how to control the temperature. If you feel overheated, you can lower the temperature in the cabin or open the glass door to get some fresh air. We strongly recommend you bring water with you during your sauna session. Proper hydration is essential.

If you are new to using a sauna, it's okay to shorten the session and work your way up to the full 40 minutes. This is very common.

## **I don't like heat, but I want to get the benefits of salt therapy. Is this possible?**

Of course! You are welcome to enjoy a salt session only. The cabin heat will be kept at 30° Celsius for maximum therapeutic effect.

## **What is CHROMOTHERAPY?**

AKA Color Light Therapy. Colored lights stimulate various responses in the body for wellness. This feature is optional.

- Red – Activates the circulatory & nervous system

- Strong Green – Provides anti-infectious, antiseptic & regenerative stimulation
- Strong Blue – Lubricates joints. Helps address infection, stress, nervous tension
- Orange – Energizes & eliminates localized fat. Helps address asthma & bronchitis
- Green – Acts as a relaxant
- Blue – Stimulates muscle & skin cells, nerves & circulatory system
- Strong Yellow – Strengthens the body & acts on internal tissue
- Strong Indigo – Helps address eye disorders like cataracts, glaucoma & ocular fatigue
- Strong Pink – Acts as a cleanser, strengthening the veins & arteries
- Yellow – Reactivates & purifies the skin. Helps with indigestion & bodily stress
- Indigo – Activates & eliminates impurities from the bloodstream

### **Can I bring my phone into the sauna?**

You should NOT bring your phone into the sauna unprotected while the salt is generating, as salt is corrosive. We can supply you with a Ziploc bag to protect your phone during the salt generation part of the session. You can bring your phone into the heat only sauna, but when the sauna gets too hot you may want to set it outside.

### **Why am I coughing while in the sauna?**

Coughing is a natural reflex to eliminate irritants. The salt can trigger coughing which is ok. Salt therapy is great for respiratory hygiene & clearing lungs.

### **What are the benefits of Halotherapy AKA Salt Therapy?**

Halotherapy, also known as dry salt therapy, is an all-natural, holistic approach to healing. A practice that has been around for more than 100 years and medically recognized in Europe for over 50 years. In halotherapy, pure pharmaceutical-grade salt is breathed into our distal airways where it brings its naturally occurring anti-microbial and anti-inflammatory properties to both the upper and lower airways. The particles are also absorbed by the skin.

For more information & research, visit <https://halotherapysolutions.com/research/>

## What are the benefits of an Infrared Sauna?

Infrared saunas can produce the same infrared heat produced by the sun that is required for all living things for optimum health. This radiant heat increases the thermal energy in joints, muscles, and tissues. When used as intended as part of a healthy lifestyle, infrared saunas may help living well with certain chronic diseases or conditions.

## What type of salt is used in Perfect Tan's HaloGX Salt Therapy sauna?

We only use SanasalRX high potency salt. The product cost is several times more than traditional pharmaceutical grade salt but we feel the extra cost is worth the added benefits experienced by our clients.

- **Pharmaceutical Salt – 99.6% purity**

- The purest form of NaCl used in Halotherapy

- **Mint – 100% Pure USP Grade. Infused**

- Customers breath easier even after the first few minutes of therapy
- Increases exercise performance<sup>(5)</sup>
- Calms skin irritation and itchiness, as well as reduces redness.

- **Eucaliptol, Cineole – from Eucalyptus**

- Infused eucalyptus is analgesic and anti-inflammatory in nature, has plenty of antibacterial and antiseptic qualities; thus it can greatly relieve the signs and symptoms of harmful conditions like tuberculosis by clearing the lungs and reducing inflammation.
- Concomitant therapy using cineole can lead to notable improvement in lung function and health condition as well as to reduce dyspnea in asthma patients<sup>(6)</sup>.
- Helps cleaning the airways quickly.

- **Sodium Bicarbonate – Custom granulated. Pharmaceutical grade.**

- Ability to cough up more *mucus* <sup>(1)</sup>
- Quickly raises the pH in the lungs and bronchi without effects on exhaled CO<sub>2</sub> (also raises the pH in the bloodstream via the lungs).<sup>(2)</sup>
- Increasing the pH balance of the acidic lung surface liquid found in Cystic Fibrosis patients as an alkaline buffer helps to kill bacteria<sup>(3)</sup> and inhibits bacterial growth<sup>(4)</sup> in the airways.
- Greatly and quickly reduces the sensation of dyspnea, makes breathing easier even after the first session.
- Reduces bronchial asthma secretion stickiness –by neutralizing their acidity, which makes them sticky.
- The bronchial secretions during attacks of bronchial asthma are acidic and the acidity imparts stickiness to the secretions and moreover there is high level of neuraminic acid, which possibly correlates with the stickiness. Thus, SanasalRx's sodium bicarbonate

formula is an excellent choice for halotherapy, offering its powerful and instant pH changing effects.

- Helps clients substantially quicker and better than salt alone.
- **SanasalRx has also been proved to be significantly more effective than traditional salt therapy for skin care**

- Soothes skin rash
- Helps cleaning the skin naturally
- Quickly reduces psoriasis syndromes
- Relives eczema related itching significantly faster

**What are the contraindications of using the sauna?**

**DO NOT USE IF PREGNANT, HAVE METASTATIC CANCER, OPEN WOUNDS, INTERNAL OR EXTERNAL INFECTIONS, RECENT SURGERY OR ANY CONDITION WHERE INCREASING BLOOD FLOW IS NOT ADVISED.**



## **BENEFITS OF SALT THERAPY**

Salt has been known for its healing properties for thousands of years. Even ancient writers described many aspects of salt's positive affects on the body.

Salt or halotherapy today utilizes computer controlled rooms to create an environment that promotes respiratory and skin health and healing. Our HaloGX Infrared Sauna uses pharmaceutical grade salt to successfully treat the symptoms of many respiratory and skin conditions. Each salt therapy session in our HaloGX Infrared Sauna is a relaxing, healthy escape.

The negative ions of salt absorbed into the body and bloodstream via the skin and lungs during a salt therapy session also help to boost the body's immunity and resistance to illnesses, improve cell's metabolic processes and strengthen the functions of autonomic nerves.

Here are the most common conditions treatable with salt therapy, and a brief description of the physiological processes involved in each.

**Asthma in both children and adults:** Salt acts as a natural anti-inflammatory, widening airways, absorbing edema (excess fluid trapped in the body's tissues), reducing bronchospasm by humidifying and fluidizing bronchial secretions.

**Ear infections, Acute Otitis Media (AOM):** Aerosolized salt particles reduce swelling caused by fluid in the eustachian tube, widen airways, and promote better drainage aeration behind the eardrum. Salt therapy also relieves cold symptoms often linked to infections, reducing nasal congestion by opening passages.

**Allergies (particularly Rhinitis or Hay Fever):** Various airborne allergies can be treated drug free, with long lasting results. Salt therapy widens the airways of the respiratory tract as micro particles of salt destroy bacteria throughout your sinuses and respiratory system, reducing inflammation in both areas, clearing blockages in the bronchi, bronchioles and sinus cavities, and cleansing your system of airborne pathogens (tar, dust, pollen and smoke) which trigger Rhinitis.

**Acute or Chronic Bronchitis (Chronic Obstructive Pulmonary Disease (COPD):** Salt therapy in the HaloGX improves your lung function by clearing them of accumulated mucous, making it easier for you to breathe. When mucus is removed, your respiratory tract will widen and clear, eventually putting an end to chronic coughing after large amounts of now mobilized mucous are expelled.

**Cold and Flu Symptoms:** Halotherapy opens nasal airways, kills bacteria, activates sinus drainage, and decongests your chest by accelerating the clearance of mucous. Coughing and sneezing eventually subside as a result.

**Cystic Fibrosis:** Salt therapy brings relief by opening up the respiratory tract, clearing accumulated mucous, and unclogging blockages in the bronchi and bronchioles. Microscopic salt particles also absorb edema from the mucosa lining in the airway passages, reducing inflammation in the respiratory tract. Salt Wellness halotherapy also facilitates the drainage of sinusitis, promoting healing to one of the most common and debilitating symptoms of Cystic Fibrosis.

**Dermatitis (including Contact Dermatitis, Eczema, and**

**Psoriasis):** HaloGX sessions are a drug free way to find relief from skin irritation, itching and inflammation common to Dermatitis. As you relax in HaloGX Infrared Sauna microscopic salt particles (ranging in size from 1 um to 5 microns) infused into the air, are absorbed by your skin, killing bacteria and fungi and acting as a natural anti-inflammatory.

**Emphysema:** Salt particles absorb edema from the mucosa lining the airway passages, widening the area and reducing inflammation. This allows blockages in the bronchi and bronchioles to unclog and restore normal transportation of mucous, as well as clearing the respiratory tract from allergens like pollen and tobacco smoke. Halotherapy also destroys bacteria and germs.

**Sinusitis:** Symptoms are eased by opening blockages to the sinus tract. Salt particles draw out fluid, accelerating mucous clearance and reducing edema of the nasal mucousa, which leads to widening of the airway passages in the nose and sinuses, facilitating sinus drainage. Salt therapy also reduces infection and kills bacteria. With regular treatment, Sinusitis sufferers can expect to significantly reduce their dependence on prescription drugs.