

Halotherapy- Salt therapy



What is Salt Therapy / Halotherapy?

Halotherapy, also known as dry Salt Therapy, is a fast-growing holistic approach that mimics the microclimate of a salt cave.

Clients breathe in the micro-sized salt particles, which are immediately transported to every part of the respiratory tract, even the smallest alveoli, and bronchioles. Then the dry salt molecules dissolve and attract small impurities, the reason why it is called the toothbrush of the lungs.

Salt therapy may eliminate the root of inflammatory respiratory illnesses in the lower and the upper tract like asthma, bronchitis as well as allergies, by destroying bacteria and restoring health and immunity.

Why is Halotherapy becoming so popular?

- Booming interest in respiratory and immune health post Covid-19 by people
- 75-90% efficacy rate using an all-natural approach
- Respiratory illness is a chronic and growing epidemic
- Our environment is becoming more and more toxic every day
- 1 in 4 Americans have some form of skin disease/condition
- Not a niche market
- Stress reducing – Mood boosting

How does it work?

Micro-sized salt particles are dispersed into an enclosed environment (room, bed, booth, cabin) through a unique process generated by a halogenerator. These less than 3 micron sized salt particles while creating an antibacterial environment draw out the excess moisture, the mucus and impurities that are in the airways and on the skin. Therefore it is essential to use a high quality halogenerator that produces the right size particles in order to achieve the desired results.

Benefits of Salt Therapy

Respiratory →

- Anti-microbial, Anti-bacterial, Anti-viral, and Anti-inflammatory

- Opens the bronchial tubes in the lungs, helps to reduce inflammation in the sinuses & small airways
- Breaks up and clears mucus
- Increases PH level – reduces acidity

Skin →

- Naturally triggers skin microcirculation and membrane activity
- Enhances skin's protective and reparative properties
- Anti-microbial, Anti-bacterial

Athletic Performance →

- Expands the airways for increased lung functions and capacity
- Enhances performance
- Increases oxygen saturation and exchange
- Helps with muscle endurance and recovery

Ear Infection →

Halotherapy can greatly relieve the swelling and pain that is common with an ear infection by penetrating the ear canal with salt particles.

Salt as an anti-bacterial and anti-inflammatory agent reduces the swelling of the tubes in your ear, allowing the fluid to drain. Over 70% of children suffer from ear infection.

How many sessions are necessary?

Halotherapy offers the best results when practiced regularly. The benefits are cumulative, so consistency and frequency are the key. People with chronic issues will benefit greatly if visiting salt rooms at least 3-4 times a week. Those who are looking to incorporate Salt Therapy into their regular wellness routine would benefit from a weekly session. Halotherapy has been used on a daily basis without any side effects.

Contradictions, side effects

There are typically no side effects other than potential thirst. However, if someone is on any medications or suffers from any serious medical issue, please seek medical advice before any therapy.

As spa owner you already know that with all wellness services, always have your clients check with a doctor before starting any type of treatments if taking any medications or having any known health issues.

- Is it OK to infrared sauna everyday?

There is no one answer for the amount of sessions per week, but infrared saunas are safe to use every day. In fact, you will see wellness improvements sooner if you use it daily. On average, most people partake in 30-45 minute sessions, 3-4 times a week.

- Should you wear a towel in infrared sauna?

And if you've been scratching your head wondering, "Do you wear clothes in an infrared sauna?" – the answer really is up to you. We generally recommend wearing clean, breathable clothing such as cotton or swimwear. However, if you're more comfortable wrapped in a towel or without any clothing, go for it!

- Should you wipe sweat in infrared sauna?

You will quickly overheat and also lose the benefits of wiping away your toxin-loaded sweat. When you wipe away the toxin-filled sweat, the toxins don't sit in contact with your skin and possibly be reabsorbed. Remember this, as it is one of the most important infrared sauna usage guidelines.

- Does infrared sauna remove toxins?

In summary, numerous clinical studies have shown that utilizing an infrared/steam sauna is able to remove many toxins through sweat; these include but are not limited to, heavy metals, phthalates, flame retardants, Bisphenol A, pesticides and PCBs.

- Does infrared sauna help cellulite?



A popular kind of heat therapy for conditions including depression and chronic pain is the infrared sauna. It can, however, lessen the appearance of cellulite. By promoting lipolysis, increasing collagen and elastin formation, and enhancing blood circulation, infrared saunas effectively reduce cellulite.

- What not to do after an infrared sauna?

DON'T – FORGET TO COOL DOWN AFTER YOUR SESSION

Afterward, sit or lie down to finish cooling down. You will feel fantastic and rejuvenated, but you shouldn't exert yourself too much for at least 10-15 minutes. During this time, you should be hydrating with water to replenish all the water you just sweated out.

- Can I bring my phone into an infrared sauna?

The longer the room temperature stays above 35 degrees Celsius, the more (permanent) damage will be done. Also, remember that infrared saunas achieve heat intensities of 45-60 degrees Celsius (113 - 140 F). With those temperatures, you'll be killing your phone over time.

- Does infrared sauna get rid of inflammation?

They're also not as hot as traditional saunas — using temperatures of 120–140°F, they're 30–40 degrees cooler. The heat from infrared saunas may help reduce inflammation in your joints caused by rheumatoid arthritis (RA), a type of arthritis that happens when your immune system attacks healthy joint tissue.

- Does infrared sauna burn belly fat?

Research does suggest that infrared sauna treatment can help reduce levels of visceral fat cells over time and may be beneficial for long term weight loss. The reason for this is that you can use an infrared sauna to burn fat and calories.

- How many calories do you burn in a 30 minute infrared sauna?

400-800 calories

Infrared saunas have been shown to burn 400-800 calories in a single 30-minute session — that's in the same calorie-burning range as marathon running, racquetball, and rowing!

- How long does it take to detox with infrared sauna?

How long does it take to sweat out toxins in a sauna? The process of detoxification begins immediately, as soon as you heat up and start sweating. You should not spend a lot of time inside a sauna, with a general rule being 15 to 20 minutes, depending on how you feel.

- Do you have to wash your hair after infrared sauna?

Wash hair after sauna bathing

Washing hair after sauna bathing removes sweat build-up and cleanses the scalp. A clean scalp is important as sweat and hair product build-up can clog hair follicles on the scalp and hinder hair growth.

- What to do immediately after infrared sauna?

You're still going to sweat once the heat goes off, so just keep relaxing after you've finished your session. Take A Shower. Most spas will have some sort of shower and changing area so you can rinse yourself off and get back into your regular clothes. Also, try taking a warm shower.

- How long does it take to feel the benefits of an infrared sauna?

There's no scientific evidence regarding how long it takes to notice any benefits from infrared sauna use, as it can vary by person and circumstance. Some people report feeling an improvement in mood, skin appearance, or pain immediately following a single session.

- Weight loss benefits of using a sauna

The weight you lose from being in a sauna is water weight, which is not ideal. Being chronically dehydrated is not a good state for the body, so you want to make sure to replace this lost water weight as soon as possible. But being in the high heat does cause your heart rate to go up slightly, which may make you able to burn more calories sitting in a sauna than you would sitting at rest in normal temperatures. However, this effect is very small and will likely not have a great overall impact on total calories burned.

Dr. Mukai stresses balance when it comes to weight loss programs. Sauna use alone won't help you lose weight, but it might be helpful when used as part of a healthy weight loss plan. "Overall, if you're on a program where you're working on both diet and exercise, the sauna can be a beneficial component to a holistic plan."

- Who should not use a sauna?

People with certain health conditions are advised not to use a sauna or steam room. Be sure to check with a doctor before using a sauna if you have any of the following conditions:

- pregnancy
- asthma or other breathing conditions
- heart disease
- epilepsy
- very high or very low blood pressure
- people under the influence of alcohol
- those taking stimulants, tranquilizers, or other mind-altering drugs