

WELL-BEING, RELAXATION, SPORTS RECOVERY & SALT THERAPY

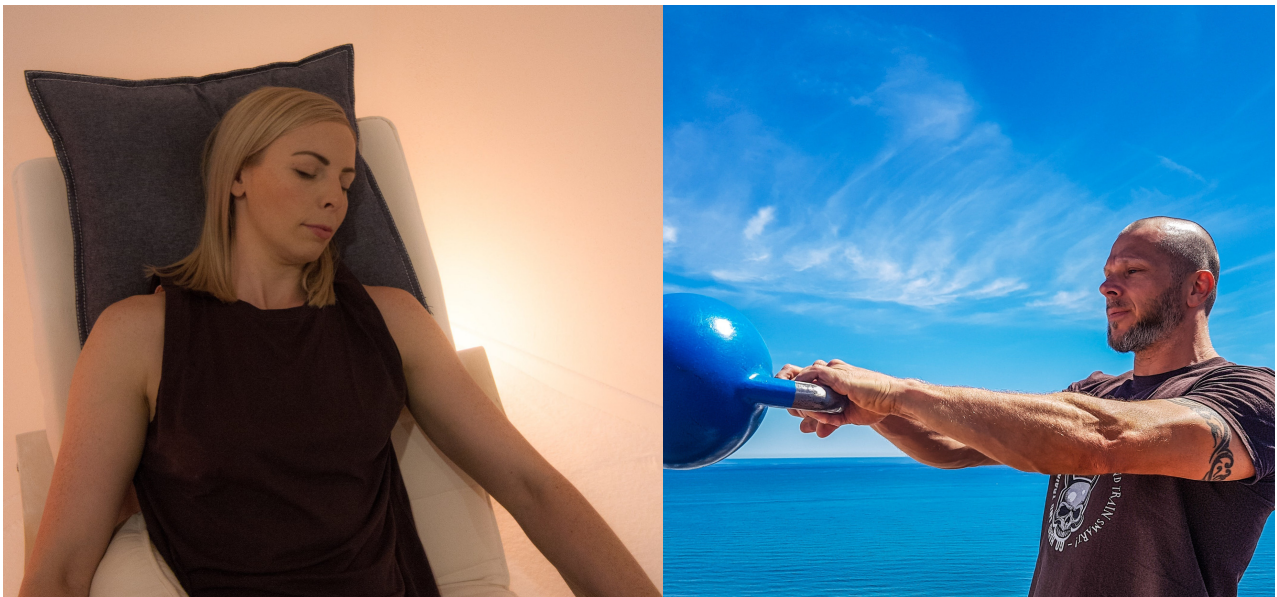
The overall cleansing and relaxation effects of halo therapy facilitate healthy living and can be incorporated into general well-being, stress management practices and sports recovery.

Gaseous exchange across the lining of the lung is more efficient in the absence of mucus, allowing for oxygen absorption and carbon dioxide transfer across the alveoli membrane. This also supports the absorption of inhaled medications such as puffers, making each dose actively more efficient.

Salt Therapy provides safe and gentle respiratory hygiene, it supports general well-being and relaxation. The therapy is offered in various facilities such as overseas respiratory clinics, rehabilitation centres, day spas and wellness centres.

The cells of the human body require a constant stream of oxygen to stay alive. The respiratory system provides oxygen to the body's cells while removing carbon dioxide. The lungs act as the functional unit of the respiratory system transporting oxygen into the body and carbon dioxide out of the body. Clean healthy lungs allows the body to have optimal exchange of oxygen and carbon dioxide.

Many people seek Salt Therapy for relief from chronic or acute conditions and general good health. The overall cleansing and relaxation effects of Salt Therapy facilitate healthy living and can be incorporated into general well-being , stress management practices and sports recovery.



Disclaimer: The information in this brochure should not be considered as medical advice. The information contained is a result of extended study and research and should only be considered as an opinion based literature review. Salt Therapy and Salt Therapists do not treat, diagnose, prescribe or cure any disease.

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