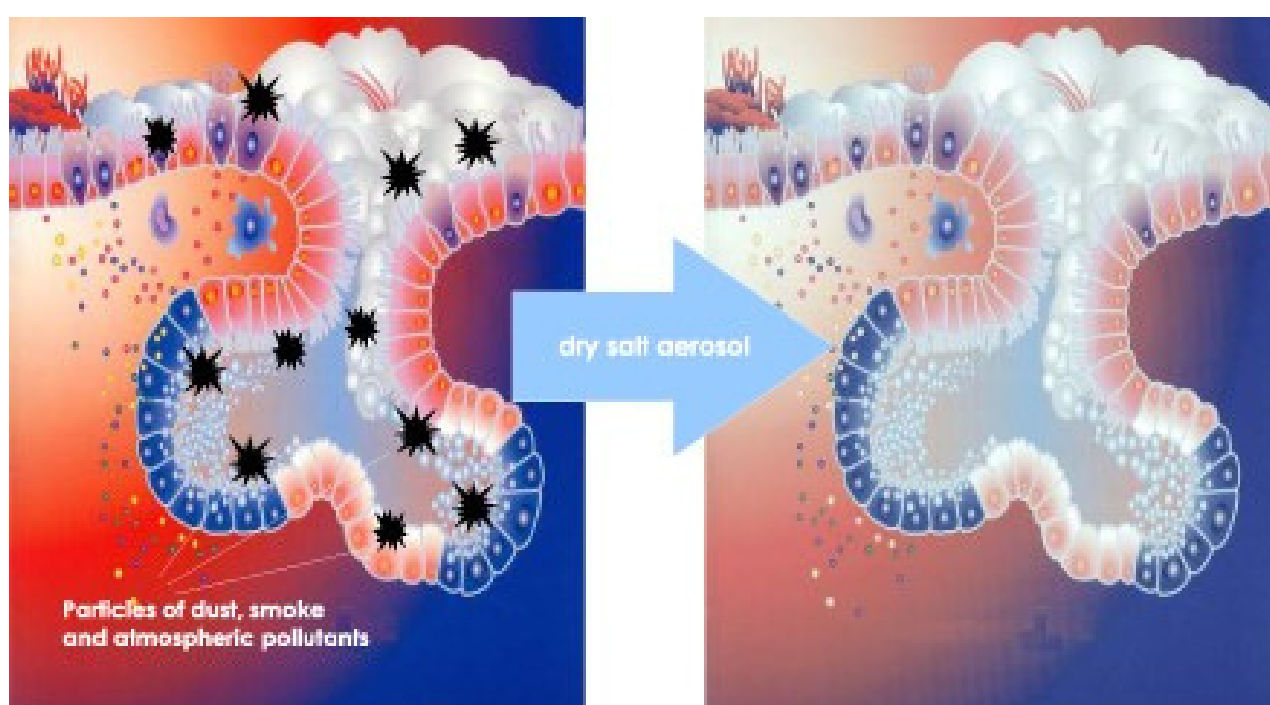


# WHAT IS SALT THERAPY?

- The inhalation of dry salt air which, which is pleasant and easy to breathe.
- The active component of Salt Therapy is the production of salt air.
- The cleansing effects of Salt Therapy promotes good health and general well-being.
- The cleansing of the air ways increases mucus clearance and may reduce respiratory inflammation.
- Salt Therapy is relaxing and can be used as part of a stress management program.



- Salt therapy provides safe and gentle respiratory hygiene.
- The salt particles act as a bronchiole brush, thinning out sticky mucus and making it easier for the body to naturally clean the airways.
- The effects of respiratory hygiene has been associated with reduced inflammation and a reduction in the recurrence of infection.

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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