



The Spa  
at Sailfish Point

*is Proud to Introduce:*



SALT THERAPY

### **How Salt Therapy Works**

Himalayan Sea Salt is derived of 82 essential trace minerals and nutrients which are essential for healthy functioning of the body. These include calcium, magnesium, iron, copper, zinc etc.

Dry pharmaceutical grade Himalayan salt is heated and then crushed into very tiny micro particles. The dry aerosol particles are dispersed into the salt room during a typical session. As you relax, the micro particles are inhaled. These particles penetrate deep into the lungs, bronchi, bronchioles and alveoli. While inside the room, the non-inhaled salt particles fall onto the skin.

Below is a list of some benefits that visiting on a regular basis will provide:

- Relief from the symptoms of asthma, allergies, and respiratory ailments
- Clears pollens, pollutants, toxins, and viral causing agents from respiratory system
- Detoxifies your system and reduces the likelihood of catching a cold, flu, or other illness
- Relief from bronchitis.
- COPD sufferers will find tremendous relief
- Improved skin conditions such as; acne, dermatitis, eczema, and psoriasis
- Beneficial for anyone recovering from cosmetic surgery
- Opens airways acting as a sleep aid and reducing snoring
- Reduction of hyperactivity in children
- Improved lung capacity and athletic performance- endurance athletes and horse races are now training with salt therapy
- Beneficial for jet lag, smokers and has been found to slow the aging process
- Studies are showing remarkable results with the treatment of depression, anxiety and stress reduction.
- Provides an overall immune system boost
- Acts as an anti-inflammatory – opens restricted airways and improves blood circulation