

The Spa at Sailfish Point is thrilled to offer Salt Therapy, sometimes referred to as Halo Therapy.

How it works:

Dry pharmaceutical grade salt is heated and crushed in our halo generator into 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.

Both adults and children, especially athletes will benefit from Salt Therapy.

In general, it is very beneficial for you to visit a salt therapy facility at least once or twice a week. For anyone with chronic and acute respiratory conditions, recommendations are 3-7 times per week over a course of 14-21 days before switching to once or twice a week.

Below is a list of some potential 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 lungs.
- Detoxifies your system and reduces the likelihood of catching a cold, flu, or other illness; relief from bronchitis; COPD sufferers may find tremendous relief.
- Improved skin conditions such as; acne, dermatitis, eczema and psoriasis.
- Opens airways acting as a sleep aid and reducing snoring.
- Improved lung capacity and athletic performance – endurance athletes are now training with salt therapy.
- Beneficial for smokers and has been found to help with jet lag.
- 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.

Salt Therapy Services

INHALATION SALT THERAPY WITH SALT BED

(without Therapist)

Relax on our heated salt bed, inhaling the dry salt air, with the dynamic flow massage system. Session does not include a massage therapist.

25 Minutes / 50 Minutes

SALT BED TREATMENT

(Add on to any Massage with a Therapist)

Enjoy any of our massage or body treatments while utilizing our SALT Bed Spa table complete with our dynamic flow massage system, inside our salt room. Session does not include the SALT inhalation treatment.