

Stress Busting Salt

Ask those that have had a halotherapy session whether they feel more relaxed and less stressed when they leave, and I'm pretty sure you will get a resounding 'Yes'.

But why?

Well not only have they been relaxing in a calming environment, but they have been getting the benefits from microparticles of salt (pharmaceutical grade sodium chloride).

With the room pumped full of air loaded with sodium chloride, it has the ability to remove up to 99.97% of all the airborne particles that cause negative effects on your health. The salt is negatively charged and has the natural power to attract and bind positively charged particles to it. The neutralising forces of salt also help to cancel out positive charged and harmful electromagnetic vibrations in our environment (*Electrosmog).

Halotherapy's de-stressing and relaxing effects is also beneficial for calming the nervous system. Taking time to focus on your breathing in this environment helps to increase the supply of oxygen to your brain and stimulates the parasympathetic nervous system, which promotes a state of calmness.

People who have enjoyed salt therapy sessions have often compared it to being at a spa. Those that suffer from anxiety have claimed it helps to:

- Improve Mood
- Increase Mental Performance
- Boost Relaxation
- Relieve Stress
- Improve sleep

Combine the above with other benefits of halotherapy such as helping to boost the immune system and reducing inflammation, one would have to say it almost sounds too good to be true! Well if you are in any doubt, then why not give it a try yourself?

Head over to the UK Halotherapy Network to find out if there is a salt room near you. Most places offer the first session for free, so really there is nothing to lose.

www.ukhalotherapynetwork.com

* Electrosmog is the invisible electromagnetic radiation resulting from the use of both wireless technology and mains electricity.

