

# Halotherapy vs. Allergy Season

## What are allergies?

Allergies are an exaggerated immune response to certain environmental triggers which are called allergens. Typical allergens include certain types of food, drinks, pollen, pet dander, and even cold air!



## Why Halotherapy?

Halotherapy has been around since ancient times; however, it has been recently discovered to be an effective alternative and natural treatment for allergies and other upper respiratory issues.

Salt therapy is a very dry climate therapy (around 50% humidity). When breathed in, this helps the dry salt particles travel deep into the sinus cavities and through the respiratory system.

Allergens and toxins that we breathe in settle in the mucus of the sinuses and lungs. The dry salt that is breathed in during a halotherapy session breakdown the mucus in these areas and make it easier for the body to expel it.

When you get rid of the mucus you also get rid of the allergens and toxins. Without the allergens and toxins in the sinuses and lungs many people find reduced allergy symptoms such as runny nose, scratchy or watery eyes, sneezing, coughing, headaches, and in some cases sinus pain.

## Benefits of Halotherapy

- Flushes out allergy triggers
- Reduces airway inflammation
- Antibacterial properties
- Promotes air flow & sleep
- Relieves discomfort
- Great for immune health

## Treatment Recommendations for an Active Condition

Until you get the allergies under control, we recommend 3-4 sessions per week. Once the symptoms are under control. 1-2 times per week are recommended to maintain the airways.

Want to skip the 3-4 sessions to get it under control? Start your maintenance care before symptoms start to prevent allergies.

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