

# Make the "call in sick" calls less often

*Fall - dreading the cold and flu season?*

It's always nice when the kids go back to school expect for the germs and sicknesses they bring home.

We often hear people say that as soon as their kids start school they are always sick! Halotherapy can help keep kids healthy, in school and keep the rest of the family from getting the illnesses that they bring home.

## *History of Halotherapy*

Halotherapy was originally "discovered" in the 1800s in Eastern Europe when doctors realized that salt miners didn't suffer nearly as often from respiratory and skin conditions as others in the communities. These doctors then began to "prescribe" visits to the salt mines and at some point the mines even carved out separate areas for this original halotherapy.

Later entrepreneurs built machines to replicate this environment and modern halotherapy was born. Halotherapy Solutions' equipment, which is used at Get Salty & Lit, was designed in Estonia, one of the original locations for this early halotherapy.

## *1 Session a Week to Stay Healthy*

We know how busy the school year can be, but even coming in once a week can benefit your body. Coming in once a week for maintenance can help keep your body healthy by boosting your immune system. You may still get symptoms, but they will be less severe.

One of our Halo-lounges with a table which is the perfect place for kids to play, do homework and study. The other Halo-Lounge has 4 reclining chairs. All rooms are private.

# Back to School for many of us this means . . .

- More activities
- Added Stress
- Less Sleep
- Busy Schedule
- Germs
- Less Selfcare

This also means that many of us can benefit greatly from . . .

## Halotherapy

Benefits include, but are not limited to:

- Minimizes the use of medications for allergies, colds, asthma and more.
- Immune health - bacteria and virus are prevented from attaching to the mucus in our respiratory tracts, which decreases or prevents the severity of respiratory infections.
- Enhances lung capacity- it reduces inflammation in the sinuses and lungs which makes it easier to breath
- Skin health/care - salt normalizes the skin and stimulates the restorative and regenerative process which increases skin rigidity

- Asthma
- Allergies
- Ear infections
- Sinusitis
- Bronchitis
- Skin Health

You will notice more of the amazing benefits if you come in for maintenance and not only when symptoms arise. A visit once a week is recommended for maintenance.

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