

Halotherapy's Affect On Sinusitis

What is Sinusitis?

Sinusitis is a condition when the sinuses, air filled cavities in the skull, which are located behind the cheekbones and forehead become inflamed. Normally caused by a bacteria or virus, the sinuses fill with mucus.

Some symptoms of sinusitis are headaches, stuffy nose, breathing difficulty, fatigue, decreased sense of smell, and thick nasal secretions which can range in color from yellow, green, or even blood tinged.

Chronic sinusitis can negatively affect quality of life including lack of sleep, fatigue, trouble concentrating, depression and anxiety.



What is Halotherapy?

Halotherapy is also known as salt therapy and is used to help prevent and alleviate respiratory system issues. To accomplish this, dry salt particles are blown into an enclosed room or booth. Once inhaled, the salty air helps break down the mucus within the airways making it easier to breathe. The open airways allows for more oxygen to get through the body, overall improving body functions. Salt is also naturally antibacterial, antiviral, anti-fungal, and anti-inflammatory which helps oxygen flow and kills bacteria/viruses.

How Does Halotherapy Help Sinusitis?



First, salt has mucus thinning qualities making it easier for the mucus to be expelled. This then aids in comfort but also with clearing out the bacteria and other pathogens in the sinuses. With the expulsion of the mucus and bacteria, salt also helps with building a barrier against the pathogens from re-entering and causing another infection.

Salt is a natural anti-inflammatory. Once the salt is inhaled the micro-particles of salt can help reduce the inflammation in the airways, which opens the nasal passages, allowing for better airflow. This can help with congestion and pressure within the sinuses. Salt also strengthens the respiratory function. The negative ions in salt may help with improving the lung capacity which increases the oxygen intake and allows for better breathing. Overall, the use of halotherapy when it comes to clearing out the sinuses is a good alternative to medication because it naturally helps with reducing the symptoms and mucus that is causing the pain.

Treatment Recommendations for an Active Condition

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

Want to skip the 3-4 sessions a week to get it under control? Prevent sinusitis by starting your maintenance care, of 1-2 sessions a week, before symptoms start.

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