

# [OUR SALT EXPERIENCE]

*Our semi-private massage rooms are built of Himalayan Salt providing you with a unique experience with many added health benefits at no extra cost.*

Relax, unwind and breathe, take this time to focus on your well-being. Inhale deeply and allow the microscopic salt molecules to travel through the sinus and respiratory systems, absorbing moisture, cleansing and clearing mucus and killing bacteria along the way.

The salt walls surrounding you are harvested from ancient sea salt deposits in the Himalayan Salt range. These bricks are over 200 million years old and were once covered by volcanic lava, protecting them from pollution. For this reason, Himalayan Salt is believed to be the purest salt on Earth.

After your massage you'll feel re-energized and alive and our salt rooms will offer you additional health benefits, such as: improved lung function and respiratory health, relief from allergies and asthma, reduced snoring and enhanced sport performance. Naturally detoxifying and cleansing, Himalayan salt is also known to improve skin conditions such as dermatitis, acne, eczema and psoriasis.

Salt Therapy is 100% natural and safe for adults and children.

RELAX. UNWIND. BREATHE.