

HALOTHERAPY



Just For Me "The Spa" Introduces:

"The Himalayan Salt Cave Sanctuary"

A place for rest, relaxation & meditation

What is Halotherapy?

- Halotherapy comes from the Greek word “halos”, which means “salt.”
- Halotherapy means “dry salt therapy” and is an all natural holistic treatment that mimics the microclimate of a salt cave.



How Does Halotherapy Work?

- A machine called a halogenerator grinds up heated, pharmaceutical grade “dry” salt into micro-sized particles, which is then dispersed into the air of an enclosed environment where users inhale the fresh salt air.
- These particles of fine salt penetrate deep within the respiratory system and work to remove mucous build up and eliminate bacteria and toxins, allowing individuals to breathe easier.

Halotherapy Can Treat The Following Conditions/Ailments:

- Allergies
- Psoriasis
- Emphysema
- Eczema
- Dermatitis
- Acne
- Rosacea
- Asthma
- Bronchitis
- Pneumonia
- Bronchial Infections
- Rhinitis
- Chronic ENT illnesses
- Sinus Infections
- Wheezing
- Cold/Flu
- Sinusitis
- Smoker's Cough
- Cystic Fibrosis
- Joint Pain
- COPD
- Hay Fever
- Stress & Fatigue
- Ear Infections
- Snoring/Sleep Apnea

Research to Support Halotherapy



Cystic Fibrosis

- The hydrophilic and mucokinetic action of inhaled salt particles thins unnaturally thick and sticky mucus, clearing accumulated secretions and unclogging passages in the bronchi and bronchiole.
- Other benefits are the absorption of edema from the mucosa lining of the airways and reduction of inflammation in the respiratory tract and sinuses.

Asthma, COPD & Smoker's Cough

- Naturally antibacterial and anti-inflammatory particles are carried into the deepest recesses of the bronchial system due to the unique aerosol dispersal system and the microscopic size of the particles.



- Over a series of treatments, inhalation of dry salt aerosol will bring about the improvement of mucociliary clearance and decrease of bronchial inflammation, the decrease or elimination of pathogenic microorganisms, and a reduction of bronchial hyper-responsiveness. This translates into better lung function, fewer spasmodic attacks, and clearer air passages.
- Even chronic deep cough due to tobacco use shows marked improvement with continued treatment.

DRY SODIUM CHLORIDE AEROSOL IN REHABILITATION OF PATIENTS WITH COPD

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Introduction

Management of COPD involves optimising medical therapy, commencing smoking cessation and participating in pulmonary rehabilitation (RT). Recently, there has been interest in ways of involving physical methods to RT.

Dry sodium chloride aerosol (DSCA) is the main acting factor of the speleotherapy (salt cave therapy) and halotherapy (therapy in a controlled air medium which saturated with dry salt aerosol). DSCA is characterized with physical properties, differing from those of the saline aerosols.

Our previous studies demonstrated that DSCA possessed anti-inflammatory activity in the respiratory tract, mucoregulating action. It enhances drainage of the bronchi, activates alveolar macrophages, improves biocenosis and local humoral immunity.

Aim of the study

The main objective was to estimate the efficacy of inhaled dry sodium chloride aerosol (DSCA) in rehabilitation therapy (RT) of patients with COPD.

Methods

It was double-blind placebo study. 72 patients (pts) with moderate and mild stage of COPD were recruited. They were randomized in 2 groups - interventional group (IG) (21 m, 18 f, 60.3±10.8 yrs) and control group (CG) (22 m, 11 f, 58.5±8.9 yrs). All patients received RT: daily procedures of chest massage, light radiation, physical exercises. Pts of IG were treated with the DSCA (45 min twice a day for 14 days). (Fig.1).

Investigation Design

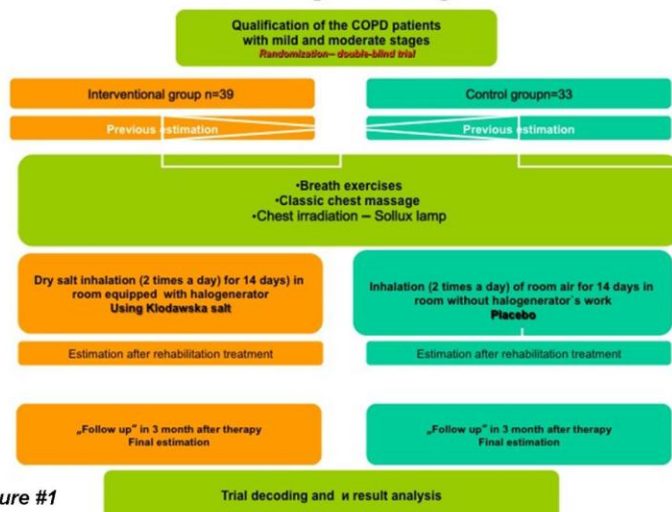


Figure #1

DSCA containing particles with size of 1-5 µm and level of mass concentration in the room of 10-15 mg/m³ (fig 2.) was produced by halogenerator GDA-01.17 (Halomed, Lithuania). CG received placebo (inhalations with room air) instead of DSCA.

Clinical, functional parameters and measures of health-related quality of life (HRQL) by SF-16 and LCQ (10 items) were estimated after RT procedures and in 3 months.

Modalities of dry sodium chloride aerosol at COPD rehabilitation programmes

Density range of dry sodium chloride aerosol 10-15 mg/m³

*Fractional composition of dry salt aerosol:
Respirable particles (1-5 µm) - more, than 80%

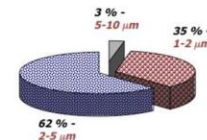


Figure #2

Results

Improvements of clinical symptom scores were observed in the both groups after the course of RT (p<0.05), but in 3 months positive effect was noticed only in IG (before-13.8±5.4, after RT- 9.1±4.9, in 3 months -9.6±4.3, p<0.05). Measures of LCQ were changed significantly after RT only in pts of IG, received DSCA (35.2±5.2 and 52.4±6.3, p<0.05).

Positive changes of physical functioning measures (SF-16) were observed in IG and CG groups after RT, but they have been kept till 3 month only in IG.

Conclusions

Application of inhalations of DSCA on the background of the RT in pts with COPD renders to positive effect.

Bibliography

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Allergies

- Salt is a well known decongestant; it reduces inflammation widening of the airway passages, restoring the normal transport of mucous secretion and free blockages in the bronchi and bronchioles leading to rapid elimination of the residual tar and foreign allergens.

- Improved drainage allows for reduction in contaminants that may trigger or prolong allergic episodes. Additionally, salt's ability to absorb edema from swollen mucosa linings in the sinuses and respiratory tract opens airways to bring about quick relief of symptoms.

Coughs, Cold & Flu

- Sessions with Halotherapy have an immediate effect on the symptoms of colds and flu. Inhaled salt aerosol naturally absorbs edema from swollen air passages and thins mucus secretions so that drainage and breathing is easier. The dispersal system of microscopic salt particles used in this therapy allows the salt aerosol to be taken deep into these cavities, bringing the antibacterial and anti-inflammatory action to the root of the problem.
- Relief from the irritation of sticky mucus secretions and debris, as well as the antispasmodic effect produced by calming negative particles, calms and quiets coughs. Additionally, the deep cleaning of the sinus cavities and respiratory tract inherent in this type of treatment reduces the toxic load on the immune system.
- A series of Halotherapy treatments not only helps to relieve and heal a current cold or flu episode, but increases resistance to new infections.

Sinus & Ear Infections

- Aerosolized particles are able to penetrate deep into the internal passages of the ear, reducing inflammation, edema, and bacteria in the Eustachian tubes. Relief of edema from swollen tissues widens passages, improving drainage and increasing aeration behind the tympanic membrane, reducing infection in the pockets where bacteria often builds due to collected fluid.

- The negative charge of dry aerosol particles causes them to be literally drawn into the essentially positively charged environment of inflamed and infected sinus cavities. Relief is achieved quickly as mucus secretions become thinner and are able to drain properly, removing trapped pockets of debris and bacteria.
- Microscopic salt particles also stimulate the immune system, increasing the body's innate ability to resist further infection as antibacterial and anti-inflammatory properties reduce the current episode. This can significantly reduce the use of antibiotics in chronic sufferers of ear and sinus infections.

Dermatology

- Halotherapy has a beneficial influence to the integument system (skin protective layer) and to hair. Halotherapy provides PH normalization and induces reparative and regenerative processes in derma, it increases skin rigidity and stimulates hair growth. The dry salt impacts the skin microcirculation and assists cellular membrane activity.



Salt Caves

Breathing in the salt particles that are concentrated in a salt cave has been known to be a natural benefit to the upper respiratory system. The 84 trace minerals the salt carries are also absorbed. Additionally, the salt generates negative ions which help purify and balance the body.



The Himalayan Salt Cave Sanctuary

- During a session you will be guided into peaceful relaxation in a zero-gravity chair while covered with a warm Sherpa blanket.
- Enjoy the purifying and balancing benefits to the skin and respiratory system while you listen to relaxing music and breathe in tiny salt particles in a salt cave setting.
- Sit back, close your eyes or look deep into the starry skies, take some deep breaths in and out at least five times, and let your body relax in the *Himalayan Salt Cave Sanctuary* at **Just For Me Spa**.



We look forward to
your visit to the
Himalayan Salt Cave
Sanctuary at
Just For Me "The Spa"



**The Himalayan
Salt Cave
Sanctuary**

*A place for rest,
relaxation &
meditation...*