get salty

BY SUSAN J. SHERMAN



If you're lucky enough to escape to a spa this summer, why not skip traditional massages and facials and try something new… halotherapy. Or not so new. Also called natural salt treatments, these therapies have been used for centuries for beauty, medicinal and other purposes. A natural indulgence, post use, your body will feel exhilarated, your face noticeably tighter and smoother and your energy levels off the charts.

PAMPER YOURSELF

Lucky for us, salt rooms, chambers/suites are popping up in spas or as stand-alone businesses all over the country. This all-natural, drug-free therapy works wonders for common respiratory conditions like asthma, allergies and happily — it works to reveal a more youthful version of you. Heather Veeravagu, the owner of The Salt Station in Boynton Beach, Fla., was inspired to start her own business when her husband and daughter sought relief from their year-round allergies. "They felt relief almost immediately after one treatment," she says. "Salt is a natural anti-bacterial and anti-inflammatory; it clears sinus passages as you breathe it in," she explains.

DISCOVER AN AGE-OLD SECRET

"Salt" is centuries old and has been practiced in the finest European spas for decades. First, medieval monks were on board using salt found in their salt caves to heal. Later, the advantages of breathing in refined salt particles were discovered in salt mines and caves throughout Eastern Europe.

DRESS COMFORTABLY AND JUST BREATHE

Are you ready to chill? Simply leave your cares at the door, kick back and relax in the soothing, tranquil surroundings of a salt room, where comfy clothing, a good book (ready to catch up on your summer reading?), and soothing music are the only requirements. In this pristine place, walls and most furnishings are covered in crystalized salt. You'll rest comfortably in a lounge chair as a halogenator releases fine powder ground pure salt into the air. To reap the full benefits of each 45-minute session—all you need to do is breathe… just breathe. Health note: Two to three sessions per week over a three-month period should give you the greatest benefit.

BETTER THAN A DAY AT THE BEACH

We love the salty smell of beach air, but, here in the tranquility and comfort of your own salt room, you'll experience all the health benefits of that beach day—breathing in salty fresh air, rejuvenating the skin and bringing out your most youthful healthy glow. What you won't have: the pain of sunburn, getting sand in your face, people screaming. Nice.

SOUND SLEEP AND LOTS OF ENERGY

What's more, salt therapy promises a better night's rest, gives your immune system a kick and enhances your overall wellness. The long term effects of breathing the air in a salt room can improve lung function, which means you'll have greater stamina for running, biking and all kinds of physical fitness … and it may even help jump start your sex life!

Jessi Powell, owner of *The Salt Box* in Parkland, Fla., along with husband Brian, summed up the salt therapy experience best when she said: "Each session provides a way to unplug and escape one's busy life—to just be in the moment and relieve any stress or tension."

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