

# The Salt Escape

RELAX Breathe HEAL [www.thesaltescape.com](http://www.thesaltescape.com)

## ARTHRITIS

### HOW CAN SALT THERAPY HELP?

Arthritis is an autoimmune disease that can cause chronic inflammation of the joints and other areas of the body. Steroid-based medicines reduce the pain but could cause serious side effects. Salt therapy helps to reduce the symptoms of arthritis. Salt therapy is drug free, completely natural treatment, that elevates the pain caused by arthritis and reduces the swelling of joints at molecular level by dehydration of inflamed cells.

### WHAT TO EXPECT?

During your 45 minute Salt therapy session, minerals will penetrate into the body, most importantly calcium to help strengthening the bones. The dry salt air is also working as an anti-inflammatory. You will begin to notice relief after the first session. Some may find that it takes 3-4 sessions to truly see the best results.



# The Salt Escape

RELAX Breathe HEAL [www.thesaltescape.com](http://www.thesaltescape.com)

## ARTHRITIS

### RECOMMENDATIONS

We recommend the Unlimited Monthly Membership. This will allow you to come as often as you need. Our customers notice that visiting at least once a week allows them to reduce joint pain and stay healthy.

### RESEARCH

Salt Therapy also known as halotherapy has been well researched in Russia and Eastern Europe. The majority of the research has been conducted by Dr A.V. Chervinskaya, the head of Clinical Research Respiratory Center in St Petersburg, Russia. She works in the field of pulmonology and rehabilitation medicine and has published more than two hundred articles on this topic.

### TESTIMONIALS

“I have been suffering from arthritis in my knees for almost 20 years. Before, I would apply anti-inflammatory cream whenever I felt pain. Now, I visit The Salt Escape. I may not be able to cure my arthritis, but I have reduced my joint pain and I feel better by visiting regularly.” Susan V.