

# The Salt Escape

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

## ASTHMA

### HOW CAN SALT THERAPY HELP?

Salt therapy can help manage the uncomfortable symptoms of asthma in a quiet and relaxing environment. The micro particles of dry salt are able to reach the lower respiratory tract and aid in the clearing of mucus while reducing inflammation.

### WHAT TO EXPECT?

The dry air causes airways to widen, helping to breathe easier. Salt naturally works to destroy bacteria and clear out mucus. You will begin to notice relief after the first session and after about 10-12 sessions you will notice a life change.



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### RECOMMENDATIONS

We recommend coming 2-4 times a week for the first month to truly see the best results. You may notice that you can lower your visits after the initial 30-60 days. The Unlimited Monthly Membership will allow you to come as much as needed to manage your asthma symptoms.

### 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 had asthma and bronchial spasms for many years. I was constantly coughing all day. Within the first week I noticed that I was breathing better and not coughing. I am no longer dependent on my inhalers. It's been a miracle for me." – Sandy M.

"My 2 ½ year old son was diagnosed with asthma at 6 months old. He has been on many different medications. After 2 sessions we haven't had to use his nebulizer or any other medications. After 2 weeks I feel we have a new child. His Dr. said he no longer shows signs of asthma. We call it our magical place." – Allison