

The Salt Escape

www.thesaltescape.com

COLD & FLU PREVENTION

HOW CAN SALT THERAPY HELP?

Salt therapy helps strengthen our immune systems and enables us to fight off infection. We strongly discourage coming in while sick or contagious. This is meant to prevent us from getting sick.

WHAT TO EXPECT?

Once you have been coming for a couple months, you will notice that your immune system is stronger. Not only will you be staying healthy but doing so in a quiet and relaxing environment.



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RECOMMENDATIONS

Once you are healthy, we recommend coming once a week to keep your immune system strong. The Unlimited Monthly Membership is the best option as it allows an unlimited number of visits per month.

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

“My daughter was constantly getting sick. It seemed like every month she had a cold. We have been coming for over a year and they have not been sick. They may get a slight runny nose but never lasts more than 2-3 days. They overall seem so much healthier.” – Jennifer