

# The Salt Escape

[www.thesaltescape.com](http://www.thesaltescape.com)

## EAR INFECTION

### HOW CAN SALT THERAPY HELP?

Salt therapy works to reduce inflammation and widen the airway passages in both the sinus and ear cavities. This process allows for better drainage and better aeration behind the tympanic membrane leading to a decrease in infection. Salt therapy also strengthens the immune system making it less likely to catch future infections.

### WHAT TO EXPECT?

You will begin to notice relief after the first session in both the sinus and ear cavities. After one month you should notice a major change in how you are feeling.



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### RECOMMENDATIONS

We recommend the Unlimited Monthly Membership to start as it will allow you to come as much as needed to find relief. Weekly salt therapy treatments will allow you to fight ear infections in the future.

### 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 two children always get ear infections and my daughter has a weakened immune system. Sitting in the salt room has helped to clear several sinus and ear infections. Additionally, they love playing in the salt.”

– Michelle S.