

The Salt Escape

RELAX Breathe HEAL www.thesaltescape.com

ENDURANCE

HOW CAN SALT THERAPY HELP?

Salt therapy can dramatically enhance performance by improving lung function and increasing lung capacity. One of the key factors to improving endurance is by improving breathing patterns. Many respiratory and sinus conditions that obstruct airflow such as asthma, allergies and sinusitis have a negative impact on an athlete's performance.

WHAT TO EXPECT?

Within the first month you should notice a significant improvement in your stamina while performing your athletic activity. It will work to help you breathe deeper and in turn increase your endurance.



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RECOMMENDATIONS

If you suffer from any sinus or respiratory conditions we recommend a minimum of 2-3 times a week for the first month. This will allow you to truly see if salt therapy will help your performance. If you do not suffer from any sinus or respiratory conditions we recommend once a week to 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 am an avid cyclist. I came down with bronchitis and could not get rid of it. I noticed after coming for a few weeks that my lungs cleared up. I continued to come and noticed a big improvement in my breathing while exercising.” – Steve M.