

# The Salt Escape

RELAX Breathe HEAL

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

## DERMATITIS

### HOW CAN SALT THERAPY HELP?

Salt therapy aids in reducing inflammation on the skin. The micro particles of dry salt have favorable effects on your hair and microcirculation of the skin.

### WHAT TO EXPECT?

After spending some time in the salt room, you should experience a noticeable improvement to your skin. Salt is not only cleansing, it is purifying. It helps to remove the oils and bacteria that cause skin irritation and skin conditions.



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### RECOMMENDATIONS

For conditions such as eczema, we recommend 2-3 times a week for the first month. For psoriasis, we recommend 3-4 times a week for one month to start noticing positive results. Children with eczema respond much quicker. We suggest not going into the salt room if you have any open wounds. The Unlimited Monthly Membership allows you to come as much as needed. Each individual or child responds differently.

### 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 originally started coming for my son's constant cough. I didn't know salt therapy helped with eczema. He had it all over his arms and legs. Within 3 sessions I noticed a significant improvement in his skin. It was not as red and puffy and he did not itch as much." – Lynn J.