

# The Salt Escape

RELAX Breathe HEAL

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

## STRESS & RELAXATION

### HOW CAN SALT THERAPY HELP?

The salt room is an environment inspired by nature providing tranquility and relaxation to revitalize your energy. Negative ions have been found to boost serotonin or the “feel good” chemicals in your brain, increase the flow of oxygen to your brain which in turn creates higher alertness, relive stress, and enhance mental energy. Stress suppresses your immune system, making it difficult to heal and feel better. The Salt Escape will give your immune system the boost it needs.

### WHAT TO EXPECT?

The majority of our customers notice that within 15 minutes of their salt therapy treatment that they are completely relaxed. While relaxing you can listen to calming ocean waves or put on a pair of noise reducing headphones. The rich negative ion microclimate of the salt room makes for a restful and rejuvenating experience.



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### RECOMMENDATIONS

We recommend the Unlimited Monthly Membership. This will allow you to come as often as you need. Our customers notice that visiting at least once a week allows them to rejuvenate and 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

"A terrific experience. Relaxing and therapeutic. I slept better after my first visit." - Jessica M.

"I visit The Salt Escape regularly to relax. I have a very stressful job and 45 minutes of salt therapy allows me to regroup and relax." - Robert N.