

About Halotherapy

Halotherapy, or dry salt therapy, involves breathing in air with tiny salt particles to improve your breathing. Halotherapy is considered an alternative treatment for lung problems such as asthma, bronchitis, and cough.

Halotherapy is often done in spa-like salt rooms, which can be both inconvenient and expensive. This therapy can also help you relax and may help with skin conditions and allergies.

Studies have found that halotherapy can have benefits for respiratory conditions, skin problems, and allergies.

Salt is a natural and safe ingredient. It does not have any notable side effects. It is also:

- Mucoactive, clearing up mucus from your airways
- Antibacterial, helping prevent infections
- Anti-inflammatory
- Immunity-boosting
- Anti-allergic
- Research has found that because of these properties,

Halotherapy can be used as part of the treatment of:

- Lung infection
- Throat infection or pharyngitis
- Chronic obstructive pulmonary disease (COPD)
- Smoking-related breathing problems
- Respiratory allergies
- Asthma

- Bronchitis
- Cold or cough
- Pneumonia
- Sinusitis
- Rhinitis
- Tonsillitis
- Cystic fibrosis

Halotherapy can also be used to treat breathing problems caused by COVID-19, improving your breathing and the amount of oxygen in your blood.

History

In the 12th century, the practice of visiting salt caves for therapeutic reasons was common in Eastern Europe. In the 1800s, salt miners in Poland found a more modern version of what's now halotherapy. Despite working in mines all day, the Polish miners didn't have any respiratory conditions and were unusually healthy. They weren't likely to get the colds or coughs that were common among other people.

Research showed that the salty air the miners breathed helped keep their lungs free from infection and allergies.