



Salt Therapy Room

Salt Therapy - The negative ions in salt particles may help purify the air and increase lung capacity. Other potential effects of halotherapy include: Help reduce inflammation and lessen mucus production, making it easier to breathe. Potential relief for those suffering from asthma, allergies, chronic sinus congestion, and COPD. "When fine salt particles are inhaled, they will fall on the airway linings and draw water into the airway, thinning the mucus and making it easier to raise, thus making people feel better," said Dr. Edelman. "Also, these environments are allergen-free and thus good for people with allergies affecting their lungs.

Included inside the cabin:

- **Shungite Energy Therapy** - In Russia Shungite rooms speed up the recovery of patients after surgery or disease.
- **Light Therapy** - Light therapy is a way to treat seasonal affective disorder (SAD) and certain other conditions by exposure to artificial light.
- **Sound Therapy** - During session you have the option of playing Frequency 528, "miracle." Stunningly, this is the frequency used by genetic biochemists to repair broken DNA - the genetic blueprint upon which life is based.

During a session, the calming and detoxifying effects of salt therapy can help support immune, nervous, and lymphatic systems. Salt is also a known stress-reducer and headache reliever with properties to increase energy and promote healthy sleep patterns.

Increased circulation may help reduce muscle soreness, improve joint movement, and ease arthritis pain.

In addition to entering the body through the respiratory system, salt is also absorbed through the skin. The warmth of a sauna opens the pores of the skin, allowing easy absorption of many of the approximately 80 beneficial minerals present in salt. Many adults who suffer from acne use salt saunas or a home variation of halotherapy in the treatment of their condition. While it is simply one component of a comprehensive treatment, those who regularly visit salt saunas see an improvement in skin breakouts.

One of the most notable benefits of a salt sauna is the affect it has on the respiratory system. The lining of our airways have a slight positive charge while salt has a significant negative charge. The attraction between these opposite charges allows the beneficial ions from salt to be carried deep into the lungs, eventually becoming absorbed into the bloodstream. One of the many benefits of this exchange is an anti-inflammatory effect on airways in the lungs. Salt saunas can help eliminate excess mucus and help those suffering from colds, the flu, and in some cases, even COPD and asthma.

Mystical Wares uses only pharmaceutical-grade salt, 99.99% free of impurities or additives. These pure mineral salts have natural moisturizing properties that support the skin's water balance and retaining function. This means healthier, young-looking skin. Using micro particles of salt promotes better breathing, healthier skin, sounder sleep, improved physical fitness and endurance as well as overall wellness.



For Additional information and to Book an Appointment Online
visit www.MysticalWares.net

Mt. Vernon, WA

*additional charges may applied for 2-3 people