

# SALT & SAUNA

## DRY SALT THERAPY (HALOTHERAPY)



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# WHAT YOU NEED TO KNOW ABOUT SALT & SAUNA

Saunas have been around for centuries. The purpose of sitting in a sauna is to experience high heat and sweat. The temperature in most traditional saunas ranges from 80 to 110°C (176 to 230°F) and a session is between 20-30 minutes. Infrared wavelengths heat differently and range in temperature between 43 to 54°C (110 and 130°F). Sessions are also around 20 minutes to much longer sessions. Sweating out toxins is the main benefit of being in a sauna. There are claims that saunas provide detoxification, increased blood circulation, and improved cardiovascular function.

Dry salt therapy (halotherapy) is not affected by temperature; however, it does need to be provided in a dry environment without any moisture or humidity. A halogenerator is utilized which is outside of the salt environment and mounted on the adjacent wall of a room or a salt booth or a cabin such as a sauna. The halogenerator intakes the surrounding conditioned air and grinds the pure-grade sodium chloride into a micron-sized dry salt aerosol. Individuals relax and breathe normally as the dry salt particles are inhaled deep into the respiratory system. Halotherapy relieves respiratory conditions, enhances lung function, accelerates recovery, and strengthens the immune system.

In addition, the dry salt particles are so small that they penetrate the skin's surface and can reduce inflammation that affects people with skin conditions such as psoriasis and eczema.

## SALT THERAPY AND SAUNA TOGETHER?

Salt therapy and sauna are standalone wellness modalities that are complementary, however, doing them together is not recommended due to a lack of research. While it's a great concept to have one piece of equipment or room conducive to more than one service, the STA recommends undergoing salt therapy first, followed by sauna. This will allow the dry salt particles of salt therapy to penetrate and benefit the skin's surface before the humid environment of the sauna causes sweating.

## BREATHING & SWEATING SALT?

Clearly, inhaling dry salt particles have tremendous respiratory, skin, and mental wellness benefits. Saunas have been around for centuries and have been a staple for sweating toxins and having people feel better. As stated above, people should do both but not together.

Himalayan salt as décor is a great enhancement to the sauna experience but décor adds no health benefits. Dry salt therapy is an evidence-based modality that provides great benefits to a broad spectrum of individuals. Keeping the integrity of the two modalities distinct from a health and wellness perspective makes sense.

TO LEARN MORE VISIT  
[SaltTherapyAssociation.org](https://www.SaltTherapyAssociation.org)

\*While there are many clinical and scientific studies conducted on dry salt therapy (halotherapy) throughout the world, the FDA has not evaluated the statements made on this educational card. Dry salt therapy is not intended to diagnose, treat, cure or prevent any disease. Dry salt therapy is not intended to replace any medications or treatments. Any health issues should be treated by a licensed medical professional and any further questions relating to halotherapy should be directed to your physician.