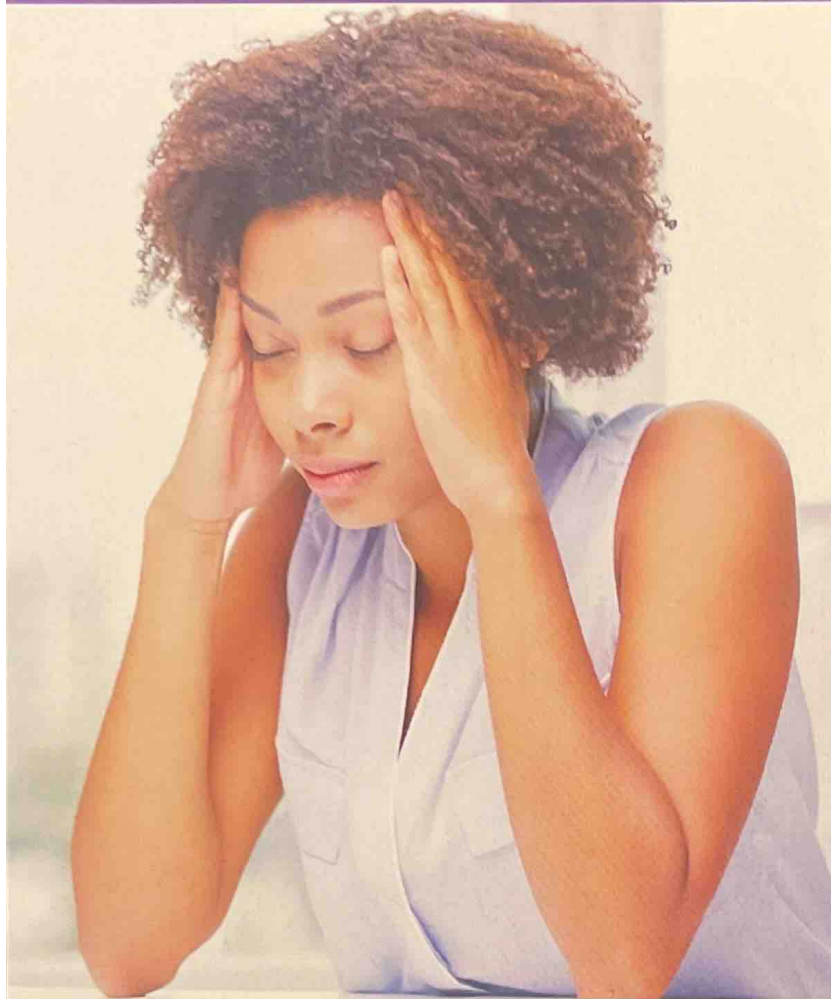


# STRESS, ANXIETY & FATIGUE

## DRY SALT THERAPY (HALOTHERAPY)



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# STRESS, ANXIETY & FATIGUE

## DRY SALT THERAPY (HALOTHERAPY)

A healthy and well-balanced body has a natural ability to deal with reasonable stress and to regenerate physically and mentally during sleep. Internal and environmental challenges can disrupt the body's ability to bring itself back into balance, creating a situation where stress and fatigue are constant and cumulative.

### HOW DRY SALT THERAPY WORKS:

Salt rooms, salt caves, and salt chambers isolate an individual in a stress-free environment that provides healing on a variety of levels while allowing the body to reassert its natural healthy balance. The micronized salt particles penetrate deeply into the internal airways, calming and relaxing internal muscles as the nervous system rebalances. The same action is simultaneously performed externally as the micronized salt particles coat the skin, reducing chronic hypersensitivity caused by environmental stresses and encouraging cellular regeneration.

Antibacterial and anti-inflammatory properties reduce the body's toxic load, giving relief to an overburdened immune system and the released debris and inhaled particles is facilitated. Multiple sessions of treatment in this supportive environment reinforce the organism's natural inclination toward a healthy balanced state and enhance its ability to achieve it independently.

TO LEARN MORE VISIT  
**[SaltTherapyAssociation.org](http://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.