

the spa

at Little River

DRY SALT THERAPY



Once you enter the salt room, you can sit and relax. The lights will dim, and you can choose to listen to relaxing music, read a book or magazine, meditate, or simply rest.

Get a relief from a variety of respiratory conditions while reducing stress, anxiety and fatigue when sitting in our dry salt therapy room.

WHAT IS DRY SALT THERAPY?

Dry salt therapy (halotherapy) is a natural, drug-free, non-invasive treatment that utilizes a halogenerator to grind, crush, and disperse micro-sized particles into the salt room to help aid respiratory concerns and skin conditions. Dry salt therapy acts to cleanse the respiratory system and the skin, which helps to relieve congestion, inflammation, and skin Conditions. Sessions are non-invasive.

HOW SHOULD I DRESS IN A SALT ROOM?

Loose, comfortable, light-colored clothing that you can relax in works best. If you are using dry salt therapy for a skin condition, you'll want to have that area exposed.

ARE THERE ANY SIDE EFFECTS OF DRY SALT THERAPY?

There are no potentially harmful side effects of dry salt therapy. The treatment is completely natural. A slight cough or a runny nose is possible, but this is simply the salt working to remove mucus and toxins from the lungs and airways.

1 x 15 minute session – \$25

4 x 15 minute sessions – \$90

8 x 15 minute sessions – \$160

