

Salt Therapy made by Enlighten®





SALT THERAPY BENEFITS

The powerful healing properties of salt therapy are earning the attention of some of the world’s most advanced medical institutions and publications. Many believe that when people inhale this salty air, it can help stimulate the respiratory system, reduce inflammation, fight infection, clear blockages and reduce discomfort.

Salt therapy is believed to be antibacterial and anti-inflammatory, and can help with excessive mucus, pathogen agents, digestive issues, depression, skin conditions, and immune system oversensitivity. With all these benefits, it is easy to see that incorporating salt therapy into your life can help improve overall wellness.

Health benefits of salt therapy include aid in treatment of the following conditions:

Asthma	Colds	Depression
Chronic Bronchitis	Ear Infections	Seasonal Affective Disorder (SAD)
Breathlessness	Sinus Infections	Psoriasis
Chest Tightness	Allergies	Eczema
Tonsillitis	Hay Fever	Acne
Laryngitis	Snoring	Rosacea
COPD	Sleep Apnea	Dry Skin
Cystic	Fibrosis Insomnia	Rashes

Our Salt Therapy

Since most of us don’t have regular access to salt caves, The Salt Therapy generator is a practical and therapeutic option for incorporating salt therapy into your wellness routine. Your salt therapy can be used both in your sauna or your home or office.

This quiet and easy-to-operate device utilizes a liquid saline mixture of micronized salt particles which are then dispersed into in to the air. It produces salt particles between 1-10 microns. This means the salt will reach more area of your lung.