

## General information

### WHAT IS HALOTHERAPY?

Halotherapy is also known as dry salt therapy. It is a holistic, drug free, natural therapy using micro particles of salt.

Halotherapy is used by people with respiratory conditions such as asthma, allergies, COPD, bronchitis, colds/flu. Additionally, it can improve general respiratory health, hygiene & immunity as well as improve VO2 max for athletes.

For more info on halotherapy go to:

<https://globalwellnessinstitute.org/initiatives/salt-halotherapy-initiative/>



## Important information

- The HaloPocket is designed for personal use.
- The salt particles are ground up to 0.3-0.5 microns
- Do not clean your HaloPocket with any liquids. The external part may be wiped clean with a damp cloth.
- Only Pharmaceutical grade salt to be used
- Your HaloPocket comes with a rechargeable Lithium Ion Battery
- 2 year warranty on all parts/labor from date of purchase



If you have any issues, please contact us.

We're here to help!

[info@halotherapysolutions.com](mailto:info@halotherapysolutions.com)

Getting started with your

# haloPocket



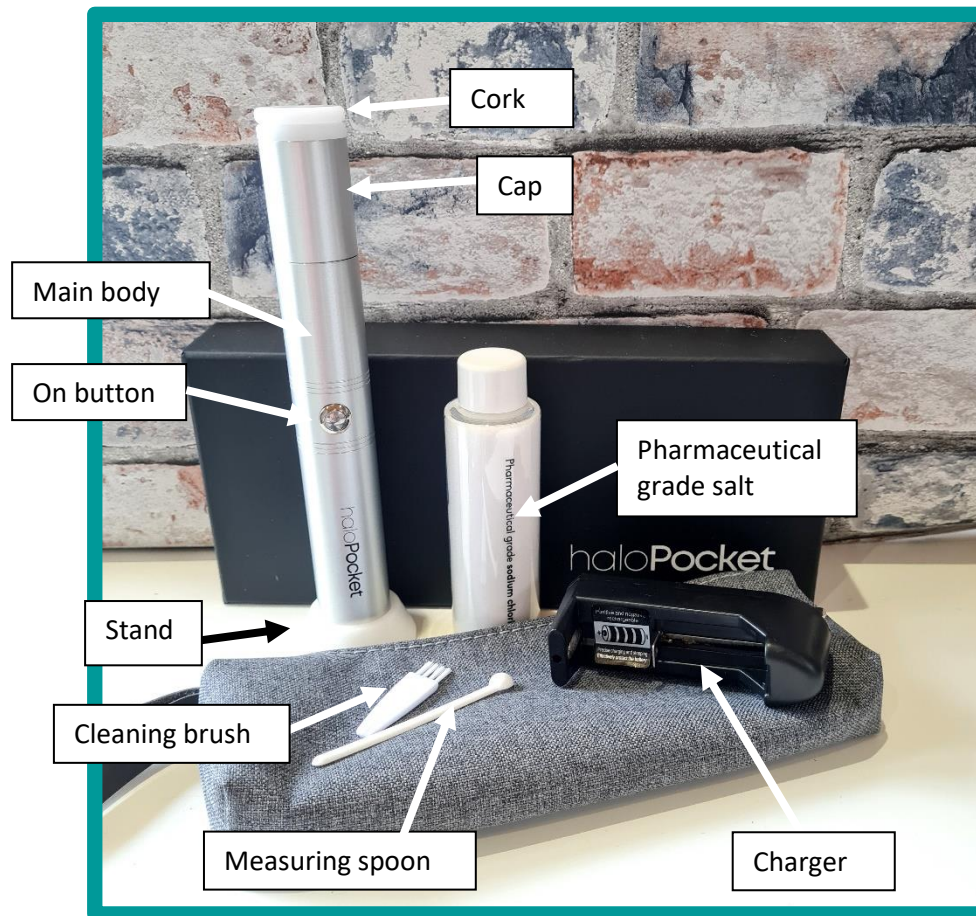
*Halotherapy anytime, anywhere*

Your HaloPocket comes charged,  
sanitized and ready to use!

## Getting started and using your HaloPocket

Please charge the battery before use as it is only partly charged. See 'Charging' instructions.

1. Unscrew the base of the unit.
2. Insert the battery into the base of the unit, **ensuring the + end of the battery goes in first**. Then screw the base back in place.
3. Open the cap and add about ¼ - ½ tsp of salt (up to the blades – not above them). This amount of salt should last 2-3 sessions. This is approx. 8-10 mini spoons.
4. Push cap back in place
5. Press the “on” button for about 10 seconds to ‘pre’ grind the salt. Do this each time you add new salt. Unit will automatically stop after 10 seconds.
6. Remove the cork
7. Now hold the top of the HaloPocket 2-3 inches away from your mouth or nose, ensuring you use the HaloPocket away from all electronics.
8. Keep the HaloPocket slightly tilted and press/hold the “on” button when breathing in and then release when breathing out. You should see a fine salty mist coming from the top of the HaloPocket.
9. Continue to do this 10-12 times, inhaling deeply through your mouth and nose, up to 2-3 times a day.
10. When finished, put the cap back on the HaloPocket and return the unit to its stand or case.
11. Periodic cleaning of the blades should also be carried out, use the provided cleaning brush for this.



### This package includes

- HaloPocket personal Halogenerator
- Pharmaceutical grade salt (approx. 2-3 months' supply if using it daily)
- Measuring spoon
- Battery charger
- Cleaning brush
- Measuring spoon
- Stand
- Carry case

### Charging

Unscrew the base of the unit, remove the battery and place into the charger. Ensure the battery is inserted the right way round : note the + and – on the charger and the battery should match.

Only the supplied charging device should be used and it must be kept dry and free of salt to prevent possible corrosion.

The light on the charger unit will initially be red and when fully charged will not show. A full charge takes approx 10-12 hours but will last 3-4 weeks. Once charged, place battery back into the HaloPocket the correct way up (+ in first) and then screw the base in place.