

DINING

and Destinations

AN UNDERGROUND LUXURIOUS HEALING EXPERIENCE



Salt, a unique and pure Himalayan Crystal Salt Cave, announces the company's grand opening in Santa Barbara's historic downtown. Located at 740 State Street, Salt is a serene and therapeutic underground haven offering treatments and products for adults and children looking to experience and improve overall health and wellness. The human body is comprised primarily of water and salt. Himalayan Crystal Salt is the oldest and purest salt on Earth and contains the very same minerals and trace elements that our bodies are made from. For hundreds of years, health conscious men & women have been drawn to its healing properties. When long-time friends, Pam McCaskey and Kelly Egan realized the health benefits of Himalayan Salt, they were hooked and couldn't wait to share their experiences with the Santa Barbara community. "We are all things Himalayan Salt," note owners Pam McCaskey and Kelly Egan. "Our salt caves are crafted from 45 tons of 250 million year old Himalayan Crystal Salt, the oldest and purest form available.



Meticulous mining has been done to bring the most pristine and unpolluted salt on earth with an identical mineral content to that of the primal ocean. Unlike regular table salt which has been processed and chemically refined, our Himalayan Salt, is a natural element, essential to cellular health, containing 84 natural and trace elements that our body absolutely needs." Every hour on the hour, customers can experience a Salt Cave Session where they can relax to music in a zero gravity chair inside of the main Salt Cave. The air in the cave is filled with the salt's negative ions; the effects of which are known to improve serotonin levels. And a halo-generator allows micro-particles to be absorbed through the skin and deep in the lungs.

Feel a cold coming on, or have a little one who may be combatting the sniffles, or a cough? Head straight to the Salt Cave and bring the kids to aid in their decongestion and help reduce inflammation. While they make salt angels, they may just be on their way to feeling better. Traditional massage options are also available along with Himalayan salt-scrubs and Hot Salt Stone massages.

This Thursday, November 1st, as part of the First Thursday Event, Salt will be having its **Grand Opening Celebration** from 5:00 – 8:00 pm.

SALT • 740 State Street • Santa Barbara

