

## Healthful Hangout: Inside the Salt Cave Santa Barbara



Nestled below the quaint steps of historic State Street, the Salt Cave in Santa Barbara are forged from 200 million-year-old Himalayan pink salt that seem to rise from the surrounding salt beds like some mythical village.

Created from the crystalized sea salt beds of the Khewra Salt Range of northern Pakistan, visitors are hushed into serenity of the cave for a rejuvenating experience unlike any other in the heart of the coastal resort town.

Visitors spend about an hour in the dim caves, relaxing on gravity-defying chairs, listening to calming music, and breathing in the therapeutic salty air. The environment is supposed to benefit one's emotional state and ease respiratory problems, including asthma and allergies.

Former geologist Mike McCaskey and his wife Pamela, who has a background in fitness, are the owners and share their mission of providing a unique place to relax and experience the wonder of ancient crystalline salt through salt cave sessions, spa treatments, and products made locally.

## **What inspired you to create Salt Cave Santa Barbara?**

*After a trip to Vermont, Pam had a vision to bring a health and holistic business to Santa Barbara that emphasized wellness in a place with a nurturing environment. That vision was inspired by visiting a country in-like tea room and meditation shop that had a salt room.*

## **Why salt?**

*Pam was inspired by stories told to her about Eastern Europeans that visited natural salt caves for healing. She picked Himalayan pink salt as one of the purest forms of ancient salt on the planet and for its beauty. We are made of salt and it is essential in our bodies for health.*

## **What can visitors gain from a Salt Cave session?**

*We want customers to experience wonder in the natural beauty of crystalline rock in our Salt Caves and to experience a sense of calmness and wellness. From athletes to entertainers, several notable personalities and celebrities from our town and from Southern California have been to our caves or had a treatment here.*

## **Are there any “secret” services that visitors can request?**

*Our salt scrub massages are signature to us and no one else in Santa Barbara performs the service. Other services include catered events, specialized salt scrub treatments, aromatherapy, reiki healing, sound classes, yoga and dance. We have had a wedding ceremony held in our large cave room—that was pretty unique.*