



Let your shoulders drop, relax in zero-gravity chairs, and breathe in pink Himalayan salt, known for its healing properties and calming effects. The newly opened SALT boasts two caves—the larger one fits up to 18 people and runs on the hour, the smaller cave seats six and can be rented out for private sessions (\$150). In a typical 45-minute session (\$25 per person), you enter the dimly lit space, recline—clothed—into comfortable lounges, relax to soft music, and breathe in the salt. Halo generators pump dry aerosol microparticles of salt into the air to improve respiratory and immune systems. “Himalayan salt’s minerals exist in a colloidal form, making them tiny enough for our cells to easily absorb,” says co-owner Pamela McCaskey. Known mostly for helping relieve respiratory illnesses such as asthma and sinuses, it also alleviates swelling and has antibacterial, antifungal, and antimucosal properties. Plus, it releases negative ions, which increase serotonin levels, leaving you feeling relaxed and rejuvenated.