



## **SANTA BARBARA: HOME TO NORTH AMERICA'S LARGEST SALT CAVE** **Indulge in a little halotherapy at this unconventional downtown health spa**



State Street, Santa Barbara, CA: A famous destination for enthusiastic travelers in search of gourmet meals, epic nightlife and... the largest salt cave in North America? That's right! After more than a year of intense construction, Salt Cave Santa Barbara is now open to the public, offering relaxing halotherapy treatments in the middle of Santa Barbara's bustling downtown district.

Halotherapy treatments, like the ones offered at Salt Cave Santa Barbara, refer to exposure to salted air and are long believed to help with all manner respiratory conditions. In fact, the concept of halotherapy formally began when a physician at a Polish salt mine noticed that miners there never complained of any respiratory ailments. Since that time, doctors of many nations have embraced the idea that a salted atmosphere helps deliver beneficial minerals to the lungs.

Salt Cave Santa Barbara sets out to mimic the special characteristics of the microclimate of a salt mine including stable air temperature, humidity and lack of airborne pollutants. Both the larger cave and the smaller cave are kept at a steady 72 degrees Fahrenheit with 40% humidity. Halotherapy sessions begin on the hour, every hour in the larger salt cave (reservations recommended). The smaller salt cave may be reserved for private sessions. Fresh blankets, zero gravity chairs and relaxing music are also provided to make sure your session in the salt cave is as comfortable as possible.

Salt Cave Santa Barbara is open seven days a week. In addition to traditional halotherapy sessions, they offer other treatments, like deep tissue massages. There is also a gift shop onsite to ensure that you walk away with some of the most unique souvenirs.

