

## Local shop spotlight: Salt Santa Barbara



State Street in Santa Barbara has always been a favorite place of mine to wander the streets, talk to locals, and explore all of the curiosities within this lovely shopping and entertainment destination. I've walked these streets a few times with girlfriends and have always enjoyed this beautiful city. I had the opportunity to spend a couple days in Santa Barbara and while I enjoyed the local farmer's market, urban wine trail and shopping, I absolutely fell in love with [Salt Santa Barbara](#).

After spending a full day wine tasting and walking State St., I needed a moment to unwind for a bit before driving the four hours home. While a massage could have sufficed, a visit to Santa Barbara's own man-made Himalayan salt cave was just what I needed.

Located in the heart of State St. Santa Barbara, Salt is a man-made, underground salt cave that took over an abandoned storage area for the surrounding businesses. The caves are crafted from 45 tons of 250 million year old pure Himalayan salt and cost almost a half million dollars to create. Today, you can spend a session in one of the two salt caves, opt for a healing massage or salt scrub, or drop in for a sound healing, meditation, or yoga session in the cave.

The air in the cave is saturated with the salt's micro particles and can be absorbed into the skin and respiratory system. Sessions in the salt cave have been said to cure chronic ailments and heightens one's overall mood and well-being. I had the pleasure of spending some time in one of the two caves and definitely felt like I could take on the rest of the day afterward.

If you're ever in the area and need a place to get away from the noise and movement on State St. Salt is definitely your destination. Even if you're not in the mood for a salt cave or spa session, Salt offers a number of gifts like cooking salts, salt lamps, soaking salts, and so much more. Drop by, pick up some gifts and stay for a salt cave session. For more information, visit [www.saltcavesb.com](http://www.saltcavesb.com).