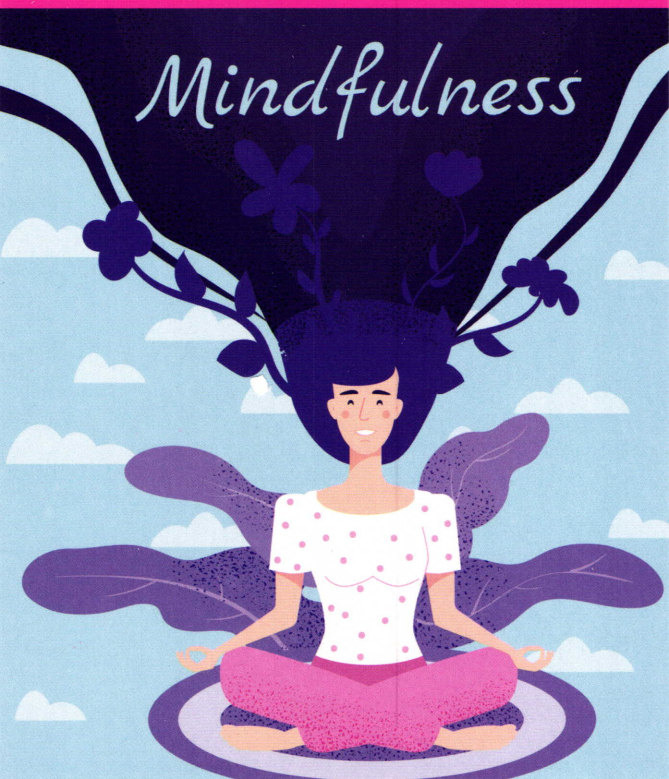


MEDITATION & MINDFULNESS

DRY SALT THERAPY
(HALOTHERAPY)



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MEDITATION & MINDFULNESS

DRY SALT THERAPY (HALOTHERAPY)

Once considered a practice for the enlightened, meditation has become a mainstream part of everyday living in cultures all over the world. While there are various types, styles, and techniques of meditation, it is a practice where an individual focuses the mind on a particular object, thought or activity - to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

Various studies show that meditation can reduce the areas of anxiety, chronic pain, depression, heart disease, and high blood pressure.

MINDFULNESS

Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

Spending too much time planning, problem-solving, daydreaming, or thinking negative or random thoughts can be draining. It can also make you more likely to experience stress, anxiety, and symptoms of depression. Practicing mindfulness exercises can help you direct your attention away from this kind of thinking and engage with the world around you.

COMBINING SALT THERAPY

Salt rooms are often designed for creating environments where you can unplug, relax, and breathe healthy air (or take a deep breath). Combining the respiratory wellness benefits of breathing in micron-sized dry salt particles with various forms of meditation is creating unique salt therapy experiences. Many salt rooms incorporate various forms of guided meditation, mindfulness and breathwork exercises, sound baths, sound therapy, and yoga.

Many facilities have smaller salt rooms or salt booths where even a 10-minute break can enhance your mental well-being.

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SaltTherapyAssociation.org

*While there are many clinical and scientific studies conducted on dry salt therapy (halotherapy) throughout the world, the FDA has not evaluated the statements made on this educational card. Dry salt therapy is not intended to diagnose, treat, cure or prevent any disease. Dry salt therapy is not intended to replace any medications or treatments. Any health issues should be treated by a licensed medical professional and any further questions relating to halotherapy should be directed to your physician.