



Welcome to our Salt Cave Halotherapy & Wellness Centre!
Our Salt Cave Halotherapy & Wellness Centre
is a natural holistic centre with integrated complementary services
that will able to rejuvenate your health and maintain your well-being.

[Login / Book Appt.](#)

[Email Now](#)

[Contact Us](#)

Salt Cave Halotherapy



Salt Cave Halotherapy

Charges for this service per person per session ranges from \$ 60.00 onwards

Welcome to our *Salt Cave Halotherapy & Wellness Centre!*

Our *Salt Cave Halotherapy & Wellness Centre* is a natural holistic centre with integrated complementary services that will be able to rejuvenate your health and maintain your well-being.

Salt Cave Halotherapy is often referred to as “*Halotherapy*”, which is derived from a Greek word “*Halos*” meaning “*Salt*”. *Salt Cave Halotherapy* is sometimes also called “*Speleotherapy*”. This form of natural therapy dates back to more than 200 years, utilising beneficial properties of salt mines. In ancient times, sick people were taken in



Himalayan Rock Salt Caves and allowed to breathe in salt particles. *Halotherapy Treatments* began in the 1800s in *Russia* and *Europe* where natural *Salt Mines* and *Himalayan Rock Salt Caves* were used to address respiratory symptoms. Based on evidence, construction of *artificial Salt Caves* began in the 1980s. In the 1990s, a prominent *Russian pulmonary physician Dr. Alina Chervinskaya* found that dry



salt aerosol was the key to replicating, the microclimate and beneficial effects of the natural caves. Based on this evidence, a mechanism called *Halogenerator* has been developed to grind salt into small particles and blow the aerosol into the *Salt Caves*.

A *Halogenerator* sprays the salt air into the *Salt Caves*. The salt particles are reduced to 1-5 microns in diameter by the *Halogenerator* which can be easily inhaled and absorbed through the skin. The micronized salt particles can travel to the smallest and deepest areas of the lungs and help support the body's immune system through excretion of mucus and reduction of inflammation in the airways. Thus, allergens and pollutants can be easily eliminated from the body as the mucus layer is thinned and constriction is reduced in the bronchi and bronchioles.

Many people experience a feeling of relaxation and feel their respiratory conditions have revived while walking on the beach and breathing in the salt air. However, the large salt particles in the ocean air penetrate the upper respiratory system including the nostrils and throat but maybe too large to penetrate deeper in the lungs. Some people may also have an allergy to certain plants that bloom near the shore. *Salt Caves* or clinics address these issues.



Our *Salt Cave Halotherapy & Wellness Centre* is a natural holistic centre with integrated complementary services - wellness centre and is within a *man-made Himalayan Rock Salt Cave*. This “*Salt Cave*” has been crafted from *Himalayan Rock Salt*. *Salt Cave Halotherapy* has been incredibly popular in *Europe* for many years. Its popularity is spreading across the civilised world. After intensive research, optimization, and installation to the highest standard, we believe we have designed *one of the best and first ever Salt Cave Halotherapy units in New Zealand*. We are confident our services will satisfy the needs of our clients and aid them in their well-being journey. Most of the structures at our *Salt Cave Halotherapy & Wellness Centre* have been made from *Himalayan Rock Salt blocks*. All of the *Himalayan Rock Salt* that we use has been



Cave Halotherapy service to you. The staff are *Certified Salt Halotherapist* and registered with *International Institute for Complementary Therapists* (<https://www.myiict.com>). We use one of the world’s best *Halogenerator* systems in our centre. Each of the devices used in the *Salt Cave Halotherapy & Wellness Centre* have been approved by one or more of these following bodies: *CE, FDA, MSDS, SGS, TGA*.

Salt Cave Halotherapy is a drug-free service, completely natural therapy with no proven side-effects and is suitable for all ages from 6 months and up (under 6 months old infants under parents’ personal approval consent needed). Pregnant women should seek advice from their doctors first. It is neither a medical treatment nor a replacement for medical care.

Salt Cave Halotherapy is a complementary and drug-free approach that offers adjunct support in relieving a range of conditions:

- Allergies to industrial and household pollution.
- Coughs (particularly at night or after exercise).
- Ear infection.
- Mucosal edema.



retrieved from the world’s best *organic Himalayan Rock Salt Caves*. You will get benefits of the *Himalayan Rock Salt* by having any sessions in our premises. The *Himalayan Rock Salt* attracts positive ions from you and replaces negative ions in your body. The founder with extensive medical background and experience together with the support of a highly competent team proudly bring this *Salt*



- Multi-chemical sensitivity syndrome.
- Respiratory infections (Rhinitis, Pharyngitis, Bronchiectasis disease, Tonsillitis).
- Smoker's cough.
- Sleep disorder / anxiety/ depression related to respiratory disorder.
- Skin ailments.

Contradiction for Salt Cave Halotherapy - not advisable if you have the following conditions:

- Existence or suspicion of cancer.
- Any kind of infectious disease.
- Cardiac insufficiency.
- Cardiac and coronary disease.



- COPD with 3rd stage of chronic lung insufficiency.
- Coughing of blood/ bleeding.
- Infections accompanied by fever.
- High blood pressure / Hypertension in IIB stage.
- Any form or stage of Tuberculosis.



- Chronic Kidney disease.
- All internal diseases of decompensation.
- Mental disease.
- Open wound.

Treatment duration for Salt Cave Halotherapy:

Each visit begins with a free briefing session of 5 to 15 minutes. The treatment time is as follows:

- Children / Adults / Teenager / Senior Citizen: 45 minutes per session.
- Infants / Child (Under 2 years): 15 minutes per session.

The *Salt Cave* is filtered and purified between each session, so there is gap of 5-15 minutes between each session. The room temperature (15-30 C) and humidity (30-70%) are maintained.

Time interval between treatments:

It is recommended that a gap of 12-24 hours is allowed between treatments. Everybody's experience is different. Some people experience a difference in one session, while some take a few sessions before they see any difference. If you have an existing chronic condition, please seek advice and clearance from your doctor before having the



***Salt Cave Halotherapy* treatment.**

Booking requirement:

Booking is essential subject to availability. For booking confirmation please provide needful information to supplier or booking tool. 24-hour cancellation or re booking policy applies. For voucher client(s) failure to do so, voucher is forfeited. Same day cancellation or no show is not entertained unless by law. For this service(s) minimum number client(s) can be booked is 1 and maximum is 6.

Your requirement(s) for the session(s):

Please come relaxed with comfortable clothing. Each person visiting for *Salt Cave Halotherapy* please must bring two big bath towels, one hand towel and bottle of water for your *Salt Cave Halotherapy* session. Please come 5 – 10 minutes prior



to your booked time.

What do I wear inside the Salt Cave?

Wear comfortable clothing when you come to the centre. Encourage to do some breathing technique for good results. The *salt air* will not harm your clothing, nor will it leave a noticeable residue. You will be given time to change before you go for your *Salt Cave Halotherapy*.



Protective wear like head cap & shoe covers are available and will be provided for you to wear before you enter the *Salt Cave*. We can accommodate a maximum of 6 clients in the *Salt Cave* for *Salt Cave Halotherapy* at one time. You can book for your 6-member group or can be single yourself or with other client during session. We request that you avoid wearing scented body lotion or perfume before or during the therapy, as some of our clients may have some form of allergy. We also request that you are mindful of others in the therapy room and always cover your mouth and nose if coughing or sneezing. Please avoid being very loud and please do not bring your mobile phones into the therapy room. The mobile phones should be placed on silent mode in your bags if you wish. We don't have locker systems available; therefore your personal and valuable belongings are your responsibility. Please make arrangements for them accordingly. No eating or drinking is allowed inside the therapy room. We play standard, soothing music for during the *Salt Cave Halotherapy*. You are welcome to bring your own music to enjoy using your headsets.

Charges for Salt Cave Halotherapy:

Retail price per person per session for Pre – *Salt Cave Halotherapy* Consultation: \$40.00 [Usually free if you have booked for *Salt Cave*



Halotherapy with us. Please come 5 – 10 minutes prior to your booked time.]

Retail price per person per session for *Salt Cave Halotherapy*: \$60.00 [Involves Pre – *Salt Cave Halotherapy* Consultation. Time inside *Salt Cave* for *Salt Cave Halotherapy* 45 minutes per session. Please come 5 – 10 minutes prior to your booked time.]

Clinical trials have shown that multiple sessions of Salt Cave Halotherapy provide relief from existing chronic & other medical conditions. Multiple sessions are recommended to attain best results. Please contact Salt Cave Halotherapy & Wellness Centre for more clarification about present or about any other treatments provided at Salt Cave Halotherapy & Wellness Centre.



E. Daviskas, Inhalation of hypertonic saline aerosol enhances mucociliary clearance in asthmatic and healthy subjects, 1996.

Peter J. Wills, Sodium chloride increases the ciliary transportability of cystic fibrosis and bronchiectasis sputum on the mucus-depleted bovine trachea, 1997.

Werner Garavello, Hypersaline nasal irrigation in children with symptomatic seasonal allergic rhinitis: a randomized study, 2003.

Alina V. Chervinskaya, Halotherapy of respiratory diseases, 2003.

Alina V. Chervinskaya, Prospects of halotherapy in sanatorium – and - spa dermatology and cosmetology, 2006.

Mark R. Elkins, A controlled trial of long-term inhaled hypertonic saline in patients with cystic fibrosis, 2006.

J. Hedman, The effect of salt chamber treatment on bronchial hyperresponsiveness in asthmatics, 2006.

Sala Horowitz, Salt cave therapy, 2010.

Lazarescu H, Surveys on therapeutic effects of “halotherapy chamber with artificial saltmine environment” on patients with certain chronic allergenic respiratory pathologies and infectious-inflammatory



Research article(s) for Salt Cave Halotherapy:

Alina V. Chervinskaya, Halotherapy for treatment of respiratory diseases, 1995.

Alina V. Chervinskaya, Halotherapy dry saline aerosol inhalation, 1995.

William D. Bennett, Salt: good for what ails the airways?, 1995.



pathologies, 2014.

Dhrubo Jyoti Sen, Discard biochemical malfunction by black salt through naturopathy, 2015.

Dhrubo Jyoti Sen, Halite the rock salt enormous health benefits, 2016.

Published abstracts on halotherapy.

Carlin Saldanha N.D, Why the right Salt is essential to your health.

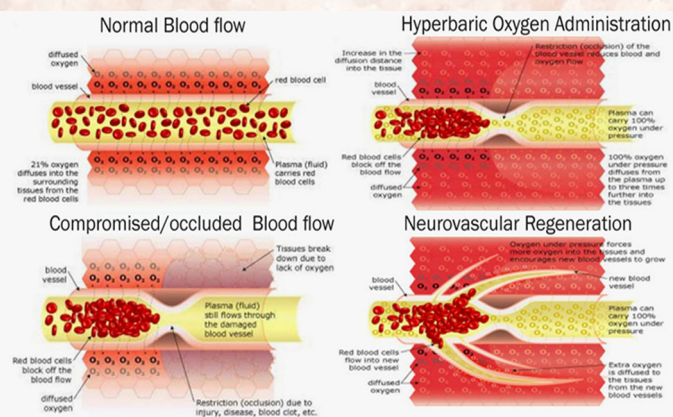
Opening Hours:

We are open: 10 am- 7 pm: Mondays to Sundays (Including Public Holidays).

Location:

We are based at: 11 / 326 Sunset Road, Windsor Park, North Shore, Auckland 0632, New Zealand.

There is availability of onsite as well as



off street parking for our clients.

Contact us:

Phone: (+64) 9-3907886

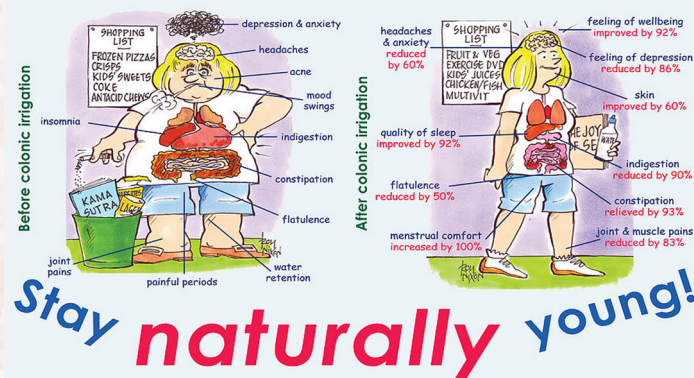
Mobile: (+64) 220608886

Email: infosaltcavenz@gmail.com

Website: <https://www.saltcavenz.co.nz/>

Also visit us on:

COLON HYDROTHERAPY



Meridian Institute Colonic Irrigation Project in West Virginia (USA) - www.meridianinstitute.com © Galina Imrie 2008; www.colonicbook.com

[Website](#) or [Facebook](#) or [TripAdvisor](#) or [Instagram](#) or [Google](#) or [Yelp](#) or [YouTube](#).

Medical Disclaimer: Statements made and information available on our website <https://www.saltcavenz.co.nz/> including text, graphics, images and videos are for general information and educational purposes only and are not intended to diagnose, treat, cure or prevent any disease(s). Some of the information including text, graphics, images and videos have been sourced from either research databases or *Google Scholar* or *Google*. *Salt Cave Halotherapy & Wellness Centre* does not provide medical advice, prescribe or dispense medication, or diagnose any disease(s).

