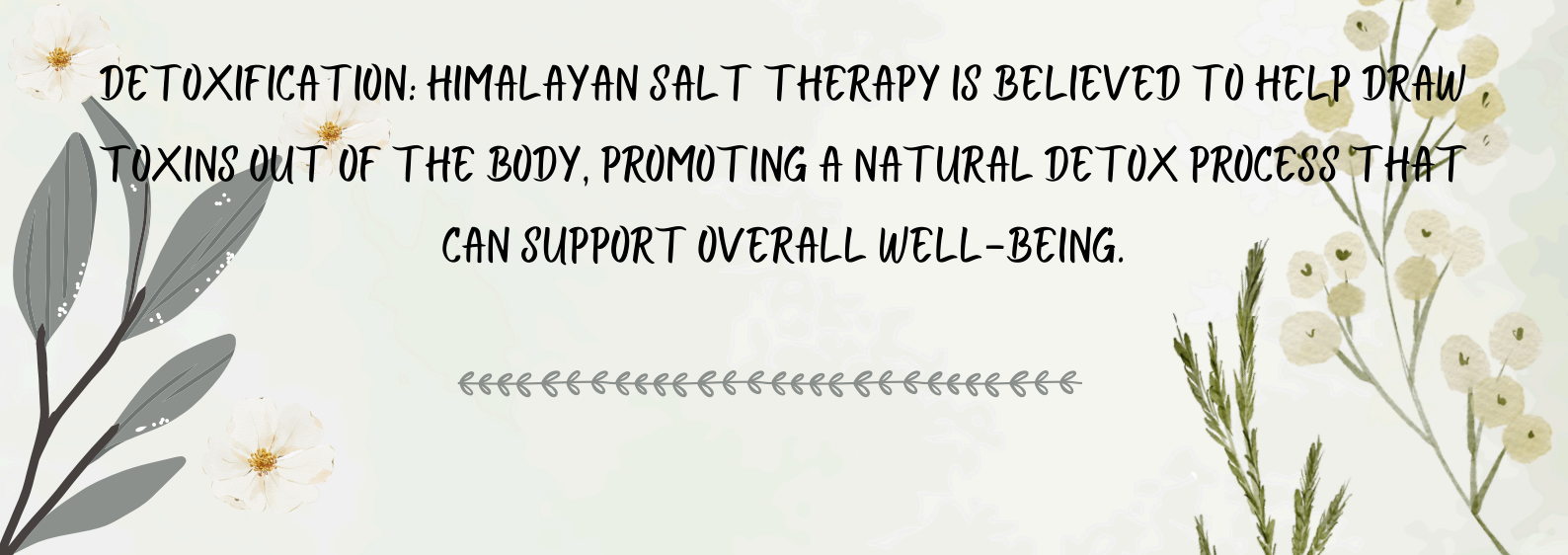


BENEFITS OF HIMALAYAN SALT THERAPY

IMPROVED RESPIRATORY HEALTH: THE THERAPY IS SAID TO HELP CLEAR MUCUS FROM THE AIRWAYS, MAKING IT BENEFICIAL FOR THOSE WITH ASTHMA, BRONCHITIS, AND OTHER RESPIRATORY ISSUES. THE SALT PARTICLES MAY HELP TO OPEN UP AIRWAYS, REDUCE INFLAMMATION, AND ALLEVIATE SYMPTOMS OF RESPIRATORY CONDITIONS.

BOOSTS IMMUNE SYSTEM: INHALING SALT PARTICLES IS BELIEVED TO HELP ENHANCE THE IMMUNE SYSTEM BY FIGHTING BACTERIA AND PROMOTING OVERALL WELLNESS, AS THE SALT MAY ACT AS A NATURAL PURIFIER FOR THE AIR AND RESPIRATORY SYSTEM.

IMPROVES SKIN HEALTH: HIMALAYAN SALT IS KNOWN FOR ITS DETOXIFYING PROPERTIES. SALT THERAPY IS SOMETIMES USED TO TREAT CONDITIONS LIKE ECZEMA, PSORIASIS, AND ACNE.



DETOXIFICATION: HIMALAYAN SALT THERAPY IS BELIEVED TO HELP DRAW TOXINS OUT OF THE BODY, PROMOTING A NATURAL DETOX PROCESS THAT CAN SUPPORT OVERALL WELL-BEING.