



Get Healthy ~ Stay Healthy!

100% Naturally Effective Therapy for Respiratory Conditions, Skin, Immune Strength, Sleep & Stress

Call Now to Reserve Your Salt Time: 715-341-3333

Hours Open:

Tuesday – Thursday 9:00am – 7:00pm
(last session begins at 6:00pm)

Friday & Saturday 9:00am – 5:00pm
(last session begins at 4:00pm)



FAQs

Salt Therapy or HaloTherapy is a newer treatment in the USA, even though it has been accepted in Europe for over 35 years and Canada for the past 15 years. The following will help answer Frequently Asked Questions.

What is Salt Therapy?

Salt Therapy, also known as HaloTherapy and Speleotherapy, is a 100% natural, drug-free, non-invasive treatment that alleviates health problems associated with asthma, allergies, sinusitis, bronchitis, and many other respiratory illnesses and skin issues. It is a modern-day therapeutic method based on the principle of the natural salt mine microclimate (Speleotherapy), where frequent exposure to the salt produced healing results for miners and others experiencing respiratory illnesses. As you relax in a comfortable, climate controlled room where the walls and floor are covered in healing salt, micro-fine particles of pharmaceutical grade salt are emitted into the room through a special machine called a Halogenerator that allows these tiny salt particles to gently enter into your lungs to initiate the healing process. Salt Therapy can be used as a complementary treatment to prescribed medications or as an individual alternative treatment. When Salt Therapy is used as a complementary treatment, it can increase the effectiveness of prescribed medications, and decrease the amount prescribed.

What Conditions are Improved by Salt Therapy?

- Acne
- Allergies
- Anxiety
- Asthma
- Bronchitis
- Chemical Sensitivities
- Chronic ENT Illnesses (ear-nose-throat)
- Colds and Flu
- COPD
- Cystic Fibrosis
- Dermatitis
- Eczema
- Electromagnetic Smog Overdose
- Frequent Ear Infections
- Hay Fever
- Pharyngitis
- Psoriasis
- Rhinitis
- Sinusitis
- Sleep Apnea
- Smoker's Cough
- Snoring
- Sports Performance for Athletes
- Stress



*Relax while you breathe in the salt-saturated warm, dry air.
Awaken to new levels of health and wellness
in the Qi Garden Salt Spa*

How Does Salt Therapy Work?

A special machine called a Halogenerator produces dry saline aerosol by mechanically crushing rock salt grains to the size of 1 to 5 micrometers. The dry salt aerosol is blown into the room via a small opening in the wall which is then pulled across the entire room through a ventilation system. In addition to the Halogenerator, the walls and floor are covered in several inches of salt which provides a “Speleotherapy” cave-like environment that is saturated in negative ions. Negative ions can be found by the ocean, waterfalls and lightning storms and are the kind of ions that produce well-being and promote stress reduction. The Qi Garden Salt Spa organically has large doses of negative ions with the 23,000 pounds of Dead Sea Salt and Himalayan Salt that fill the room, as well as the micro-fine particles of salt floating in the air during a session. This produces a very high kinetic energy that can easily travel to the deepest and smallest parts of the lungs. Negative ionization of salt aerosol increases the efficiency of healing. Inhaling the micro-fine salt particles assists you in expelling mucus and helps open constricted airways. It also can boost your immune system.

When Should Salt Therapy be Avoided?

As the growth of Salt Rooms increase in the USA, many of the contraindications that were suggested almost two decades ago in Russia and the other European countries, were carried through into the American versions of Salt Rooms. However, the past 30 years of experience and research in those European Salt Rooms has proven that there are very few concerns for those choosing Salt Therapy and they could not justify any warning once proposed. We agree. However, we suggest the following:

- Please do not attend the Salt Spa if you have an infection accompanied by fever
- Please do not attend the Salt Spa if you have any kind of infectious disease
- Be aware that you will be in an enclosed space for 45 minutes, people with claustrophobia may find this uncomfortable, though our salt spa is 300 sq. ft. and feels spacious to most people
- Do not attend if you are intoxicated
- Be aware that if you have recent wounds or cuts, the salt may make those areas sensitive

Isn't Salt Bad for our Body?

Eating too much salt is linked to high blood pressure, which can increase the risk of heart attack and stroke. However with Salt Therapy, the salt enters your respiratory system, not your stomach, heart and kidneys. In addition, the concentration of salt is .5-10 mg/m³ (milligrams per cubic meter). To put that into perspective, the daily recommended salt intake for the average adult is 6g (grams). Therefore the amount of salt entering your respiratory system is extremely low. Even if you eat that amount instead of breathing it, the amount of salt is insignificant. Salt entering the lungs kills bacteria, reduces inflammation, and loosens mucus,

Are There Side Effects?

Rarely. If you have a lot of mucus, it is not uncommon to experience increased coughing after a treatment. This is the body's way of responding to the salt treatment by draining the accumulated mucus. Sometimes during the first few sessions, you may feel that your throat or eyes feel dry, but that is a temporary state.

Is Salt Therapy Safe for Children?

Yes. Salt Therapy is completely drug-free. Children as young as 6 months have benefited greatly and respond quickly and effectively to HaloTherapy. Children are more prone to respiratory problems because they pick up more viruses and their lungs are not fully developed until around age 9. In addition, the environment is filled with pollutants which children have a harder time keeping at bay, sometimes simply due to how close they are to the ground most of the time. In countries where Salt Therapy is practiced in mainstream medicine, doctors recommend parents try this natural remedy before putting children on medication, or at least use it alongside medication to avoid high dosage. The efficacy rate is estimated at 90% and keeps children safe from the side effects of intensive drug treatment. **NOTE:** At this time, we are not allowing children under the age of 12 in our Salt Spa due to COVID-19.

Is Salt Therapy Safe for Pregnant Women?

Yes. Salt Therapy is a great choice for women who do not want to rely heavily on over-the-counter or prescribed medication for sinusitis, asthma, allergies, and other respiratory illnesses. Pregnant women can experience relief from congestion and chronic respiratory problems as well as boost their immune system.

Should I Stop Using My Medication During Salt Therapy?

No. Salt Therapy should be used as a complementary treatment. People who come for salt therapy often find that they can reduce their dependence on certain medications and that their episodes are not as frequent or severe. However, you should always follow your doctor's advice and your prescribed medication regimen.

How Many Salt Treatments Will I Need?

Every experience is different and depends on the type and severity of your condition. Generally speaking, to maximize the healing process we strongly recommend a full course of 12-30 sessions be completed within a short amount of time (2-3 sessions per week or more for challenging chronic conditions). Consecutive sessions are a key to getting the best results. You may feel some improvement after one session, but a series of treatments is ideal for longer-term results. After a series of treatments your breathing will become easier and symptoms such as sneezing, coughing and shortness of breath will improve noticeably. People also come for treatments as a preventative measure.

What are the Costs Associated with Salt Therapy?

Each salt spa session is 45 minutes long at \$45 per session. Salt Therapy is an all-natural treatment and does require an accumulation of sessions to make the most impact on the body. Packages are available for sessions to reduce the cost per session and annual single and family memberships are available for as little as \$99 per month for an unlimited number of sessions. Visit www.QiGardenSaltSpa.com for all pricing options.

SUMMER SPECIAL: ONLY \$25 PER SESSION.

What Results Can I Expect?

Eastern European doctors have noted that many thousands of patients have been successfully treated by this method. After taking salt room treatments, their breathing becomes easier, symptoms such as sneezing, coughing, and shortness of breath are alleviated, and patients no longer have to take large amounts of prescription medications. Patients feel that the salt rooms have turned their lives around. Please note: about 40% of chronic sufferers experience a worsening of symptoms **before** getting better. This is common with natural therapies that promote actual healing, rather than simply masking symptoms with drugs (which can create more problems or side-effects in the long run).

What Will I Experience When I Sit in the Salt Spa?

You will enter a room resembling a cave, but at the Qi Garden, we wanted to also capture the healing and meditative qualities of a Zen Garden, so we have a unique Salt Spa environment in comparison to others that have opened in the USA. The walls are covered in layers of Dead Sea Salt and the floor has over 5 inches of salt to walk on and play in during your visit. We have a Japanese Shinto Torii you will walk through to enter our Salt Box, a meditative Zen Garden area to be creative and contemplative in as your swirl designs into larger-sized Dead Sea Salt, heated from the warm floor beneath the salt. The room's temperature averages 72 degrees and the humidity stays around 40% for optimal treatment conditions. The lighting is soft and warm and relaxing music will play during your treatment. Many people choose to close their eyes, relax either by laying directly on the salt floor or reclining in one of the zero gravity chairs provided. Sessions last for 45 minutes. It is common to taste a hint of salt on your lips. You will feel relaxed and energized after your session.

How Many People Will Be In the Salt Spa With Me?

Our Salt Spa can seat 8-10 people comfortably. Private sessions can be purchased at a special price or you can rent out the entire Salt Spa room for your event or unique meeting space. Please contact us directly with one of the above requests. NOTE: Due to COVID-19, we are limiting sessions to a maximum of 5 people for physical distancing.

What About Picking Up Germs in the Salt Spa?

Salt Rooms are believed to be three times cleaner than most surgical operating rooms. One of the natural properties of salt is that it absorbs and kills bacteria. The walls are covered in salt which creates the nearly sterile conditions in the room. In addition, after each session, the room is fully ventilated for 15 minutes and chairs/equipment within the room are disinfected.

Is Salt Therapy Covered by Insurance?

Although Salt Therapy is partially covered by health insurance in Canada and some European countries, it is not currently covered by health insurance in the USA. Note that you can submit your Salt Therapy bills to your Insurance Provider to see what they will cover or see if Salt Therapy can be used for your Flex Spending account.

What Clothing Do I Wear in the Salt Spa?

You do not need to wear anything special. Come as you are, but please be aware of perfume or scented lotion or smoke on your clothing. Many of our guests are chemically sensitive as they have compromised respiratory systems or lower immune systems. For guests who have skin conditions such as psoriasis and eczema, we recommend that you expose those areas to the salt, so a T-shirt and shorts would work best in that case for maximum exposure. For respiratory ailments, there is no need to expose the skin, just remember to take a few deep breaths every so often during your session to get the most benefit to your lungs. If you are having a Salt Spa treatment before or after a Wellness Spa service, please change out of your robe and into your own comfortable clothing for the salt session.

Can I bring in food or water during my session?

No food or drinks are allowed in the Salt Spa. We will also ask you to keep personal items such as phones or purses out of the Salt Spa. A place is provided in the Qi Garden hallway for your belongings or you are welcome to use The Wellness Spa's locker room lockers.

Can I Bring My Own Portable Device Into My Session?

No electronic devices are allowed in the Salt Spa. We understand the importance of staying connected and having access to your phone in case of emergencies, but we also believe you can step away from your positive-ion-producing, not-so-healthy-for-your-body device for 45 minutes. We want you to experience the healing properties of Negative Ions for a change and take a mental break from our electronic world to slip into a unique atmosphere almost 'out-of-this-world'. Thank you for respecting our request.

Create Your Own Healing Experience at the Qi Garden Salt Spa!

TESTIMONIALS

"I suffer from COPD and decided to commit to a course of salt sessions. I noticed small changes after my first few sessions but after my 7th session I noticed a drastic drop in the need for my emergency inhaler – I usually go through one per week and I have only used one inhaler total in the past three months. I used to spend 30 minutes a day on a nebulizer, but after my 12th salt session, I have stopped using the nebulizer completely. I am not wheezing and coughing nearly as much and my energy and strength have returned enough that I can work on my hobby farm again, something I was considering selling because I couldn't handle it anymore. **I am a believer – this is great!** I am totally amazed that something so simple could have such a dramatic impact on my condition. After 20 sessions, I am 80% better. The only thing that was different in my life was the salt sessions, so I know salt therapy works". ~ Al Hoffman

"My time at the Salt Spa was a great experience. When I walked into the salt room it was amazing – I'd never seen anything like it before! It was just extraordinary, quiet, relaxing and fun. After my salt sessions I noticed how good I felt, especially since I experience quite a few health issues. The eczema on my arms cleared up and it seemed to help my asthma. I would recommend people try out the Qi Garden Salt Spa, it's a great experience and a great help. ~ Amber Boyer

I have many issues, including mucus glands that don't work anymore, so I have drainage going down my throat that makes me cough and choke. Plus I have allergies and sinus problems. I have been so miserable. I was on strong medicines that didn't help anymore but after just 2 weeks of regular salt spa sessions **I am 100% better**. I was so weak and so tired I could hardly function and my balance was off. After just a few sessions I felt so much better! My balance was better, my skin tone looked healthier and I FELT ALIVE! – I haven't felt alive for years. I am so grateful. I love this place. ~ Carol Chambers

Athletes like me are using inhalers, nebulizers, are in and out of the hospital – anything to try to breathe. Even athletes who are in good physical condition struggle to breathe with asthma. It got so bad last year that I was scared to go to sleep at night because I just couldn't breathe and I would have asthma attacks and end up in tears because I was so scared. If I wouldn't have found the salt spa I could be suffering with this for so much longer – struggling to breathe, scared to go to sleep at night, having to deal with this throughout my whole life. The way I feel after my salt spa sessions compared to how I felt on inhalers is **a million times better**. I can perform in sports so much better, cutting minutes off my marathon times and not needing my inhalers any longer. ~ Nina Salazar

"After an introductory tour of the Salt Spa, I booked a session for a friend and me. We had read about similar experiences online but were novices. The Salt Spa itself is a soothing visual environment with loose salt floors, salt walls and subdued lighting. One can sit in chairs that gently cradle your body or indulge in sitting directly in the salt box and covering body parts with salt. After 45 minutes of breathing in the salt diffused into the air, we felt extremely relaxed and refreshed. Both my friend and me could attest to a wonderful night's sleep after just one session

~ Rosemary Francis