

Southcoast Halotherapy-A unique, natural method used to alleviate stress and treating skin and breathing disorders

Many of us go well beyond the 40 hours a week, and often we take our work home with us. Especially, in this day and age of digital “commuting” and cafe entrepreneurship. High blood pressure, risk of strokes and heart attacks, migraine headaches, insomnia, stress induced anger that could lead to yelling and screaming over nothing, stomach aches and more begin to dial themselves in. Warning signs that you are stressed and need to add a balance in your life.

There are many ways as there are people when it comes to these activities: going on vacations, yoga, martial arts, acupuncture, toes in the sand and fancy drink in the hand, curling up to a great novel, working in the garage are just a few.

One way to help soothe the body, mind and soul that is gaining in popularity is called Halotherapy – “halo” being the Greek word for “salt.” That might be a new word for many of us. Halotherapy provides a **natural** way of using salt for treating and reducing the symptoms of a number of conditions: stress being one that affects so many of us.



Not only is it a superlative and affordable way to reduce stress, but can help with respiratory illnesses such as cold, cough, sinus infections, ear infections, asthma and even allergies. It has shown to be effective in reducing the symptoms of skin conditions such as psoriasis and eczema and has even shown some effectiveness for improving the ability for your lungs to convert oxygen and thereby improving athletic performance for those of us who undertake a fitness regimen of some sort.

The premier facility on the South Coast is the aptly named Southcoast Halotherapy at 76 County Road, Mattapoisett. Owned and operated by Terry Lee and his wife Kym, the inspiration came about because of their own frustrations in finding natural options for health problems, de-stressing and physical ailments in the region. "In many cases people are not getting what they need from modern medicine or are suffering from negative side effects. There are many natural ways to address health issues. Salt is just one." Terry explained.

Now, this all sounds fantastic, but what exactly are the specifics behind Halotherapy? **How** is salt used and in what way or ways? Halotherapy has been documented being used as far back as 1,200 B.C.E. in Ancient Egypt. Centuries ago, monks often substituted as doctors and treated minor ailments and by trial and errors notice that people who were treated in the naturally-occurring salt caverns to treat respiratory ailments responded better. In Poland, doctors noticed that salt miners enjoyed fewer skin ailments, respiratory ailments, and seemed a bit healthier and by the middle of the 19th century the first salt clinics opened up and it was a bonafide industry that spread to other European nations.



Interestingly enough, during WWII asthmatic Germans who used existing salt mines as cover or trenches, were able to breathe much better than before their time spent in the salt mines. Before long much of Europe and Russia were utilizing Halotherapy as a natural, less invasive way to return people

to improved health without the side effects that are so commonplace with pharmaceuticals.

Now, because of its history and efficacy, it is gaining traction here in the United States.

And with that comes modernization: Terry and Kym utilize the latest tool in Halotherapy: the Halogenerator, which crushes dry salt into very small particles and pushes it through the air into the treatment cabin you rest in. It's a significant improvement on older methods and a more efficient way to get the salt vapor deep into your lungs and sinuses where it can work its magic. Most salt cabins at other facilities just provide Himalayan Salt Lamps and salt on the walls and floor, – Southcoast Halotherapy does as well, but they don't have the Halogenerator!

What keeps Terry and Kym going is seeing how powerfully and positively that the Halotherapy affects their clients, especially the small children with chronic sinuses or ear infections who now won't have to invasively have tubes put into their nostrils, be placed on steroids or antibiotics.

For adults, some of the most common health complaints that Terry and Kym hear is that about stress, or from sufferers of allergies and asthma not being able to get a restful night's sleep. That has a snowball effect that always turns into more issues and problems.



Southcoast Halotherapy is a work of passion to help people get and stay healthy without needing to resort to drugs and procedures that have side effects and high cost. A typical session lasts about 25 minutes and is pleasant. If you are currently dealing with asthma or another breathing disorder, have skin ailments, feeling stressed, can't sleep or a number of other pains in the you know what, consider a session at Southcoast Halotherapy as a way to compliment whatever treatment your doctor is providing.

Worst case scenario is you get a very relaxing 25 minutes of comfort, and best case scenario is you begin to breathe, sleep and feel better, or your skin condition begins to clear up.

It's a "win-win." Find out why people have been using Halotherapy for thousands of years, and why it is growing so rapidly to become a popular method to restore health.

Check out Terry and Kym's website for photos, reviews and testimonials or better yet give them a call or stop in and meet them and they'll gladly answer all your questions. Chances are, if you visit, you'll be fascinated and compelled to hop into that Salt Cabin!

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