



# SALT THERAPY

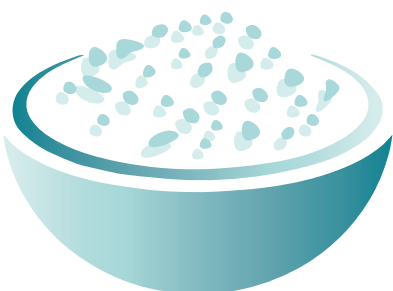
A MOONEE PONDS OFFERING

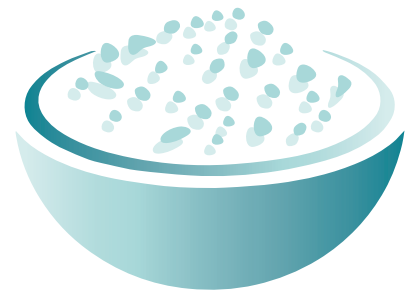
**(Also known as Halotherapy)**

At Moonee Ponds Wellness Centre our Infrared Saunas are equipped with Salt Therapy functionalities. Relax in one of our specially designed salt rooms to heal and restore the body.

Salt Therapy assists with respiratory hygiene and cleansing by helping dissolve foreign particles and pollutants that can cause breathing obstructions, inflammation and irritations.

A device called a halogenerator grinds salt into microscopic particles and releases them into the air of the room. When broken down breaking them down in order for it to be resurfaced to exit our respiratory system, resulting in better breathing, improved lung function and an overall better immune system.





### **BENEFITS**

- Anti-Inflammatory
- Helps with Sleep
- Cardiovascular Health
- Detoxification
- Stress and fatigue
- Muscle aches, arthritis, and joint relief
- Weight loss and calorie burning
- Increased metabolism
- Immune system support
- Skin conditions
- Heart health
- Appearance of cellulite
- Diabetes support



**THANK YOU**

To book a session or have any enquiries please call  
the centre on (03) 9375 7767.