

WHAT DOES HALOTHERAPY MEAN FOR CHILDREN?



Halotherapy / Hygiene for lungs and upper respiratory tract in children

Every mother knows that children are prone to respiratory infections and, therefore, it is natural that every mother tries to protect her child from microbes and viruses. We offer a natural solution, which is based on long-year practice and clinical research. Our options are devised so that they strengthen and protect immuno-biological qualities in the children's respiratory system naturally, without side effects.



Our option in salt rooms of Natura Sol, Medvedgradska 49, in Zagreb has the goal: to clean, improve and keep the children's respiratory system healthy by dry aerosol. Dry aerosol finds a way to strengthen the children's immunity and the biocenose respiratory system locally, by anti-inflammatory cleaning. Pediatric and pulmonologic research showed that, after 10-12 days of halotherapy, 1-2 times annually, the length of sickness in preschool and school-age children gets reduced by 1.5 times.

Halotherapy not only reduces the level of sickness in case of an acute phase of a respiratory disease by 2 times, but it also reduces complication from possible far-reaching infections. Besides, halotherapy does not reduce only the number of acute sicknesses, but it does not allow worsening of chronic diseases in preschool and school-age children either.

Children stay in salt rooms for about 20 minutes, breathing in a relaxed way according to the obtained instructions. It is recommended to drink some liquid before and after halotherapy for the purpose of better purging of the accumulated secretion. Under the influence of the therapy, the



mucosa does not dry but, on the contrary, it gets enriched and gets cleaned through opened channels of the upper respiratory tract, the blockage of sinuses accompanied by frequent headaches, which prevents the children's concentration in playing, school and sports activities, disappears.

The first therapy in the package we hold on Saturdays is free, and then the dynamics of subsequent therapies is agreed upon.

Salt rooms are spacious, and the working hours are adaptable to obligations of children and adults.

We would like to point out the certified professional equipment which we use in work, according to foreign health institutions, as well as the salt-free floor, which ensures that the space meets the ecologic and hygienic conditions.

Hygiene and healthcare in children and teenagers by implementation of halotherapy has positive indications on psycho-emotional development and stability.

The results of psychological testing showed that, after halotherapy, a number of children in which a high level of stress was ascertained, had the stress reduced by 1.4 times in comparison to the observed group of children that did not undergo a halotherapy treatment.

Since the problems with allergies and frequent acute or chronic diseases of the respiratory tract are in great part of a genetic nature, we have also devised a program for parents and business active clients.

For adults that have the same problems with the respiratory tract or simply wish to strengthen their immunity, we offer an additional possibility: the 2-in-1 program, PilatesYoga + halotherapy in salt rooms of NATURA SOL.