

Am-Finn Himalayan Salt Wall Saunas



Proven Healing History with Himalayan Salt

Eastern Europe is well aware of the benefits of salt therapy, otherwise known as Spelotherapy or Halotherapy. In Hungary, the treatment is recommended by doctors and is even covered by health insurance. The most prominent cave was set up 150 years ago, by a Polish physician who noted that salt miners didn't suffer from lung diseases. A natural grotto was carved within the Wieliczka mines and became popular among those suffering from respiratory diseases. This mine is still in use today, as is another salt mine in Bochnia, Poland, which has been active since 1248. People suffering from allergies, neurological and rheumatoid problems as well as locomotor system dysfunctions are recommended to spend significant time in the mine.

Benefits of Himalayan Salt

Nutrient Dense Ancient Minerals

Benefits of Himalayan Salt include weight loss, detox, and balanced hormones. It's vibrant pink color indicates that it is high in minerals and iron. Himalayan salt contains 84 different trace minerals that are bio-identical to your body, which means that the salt is able to communicate with your body in an efficient and quite delicate way. Hand-mined and hand-processed in the Himalayas, this salt is minimally altered; these untainted crystals have spent thousands of years maturing under ancient lava beds.

Improved Lung Function

In 2006, a study published in the New England Journal of Medicine found that inhaling a high concentration of Himalayan salt improved lung function in cystic fibrosis sufferers. Further studies prove that the symptoms of chronic asthma and bronchitis sincerely improved upon inhalation of a Himalayan salt-based solution.

Salt Sauna Simplicity

Relaxing in a Himalayan Salt Sauna feels like you are in a womb. You feel very safe, very comforted and very protected. We are so removed from simplicity in this modern world. There is so much simplicity in just sitting in a Himalayan Salt Sauna for 15 minutes. People will feel like they have been on a vacation without ever having left the city.

Breathing Fresh Air

Himalayan crystal salt creates negative ions, which have the ability to combat the effects of free radicals while producing a surprisingly relaxing sensation. Much like the feeling you get at the ocean, or immediately following a storm, air charged with negative ions suppresses serotonin within the body, thereby instigating higher energy levels and positive moods. The power of fresh air is our life-blood, it affects every part of our body.

Additional Benefits

- Helps fight many of the viruses that may attack your body
- Sessions may result in measurable weight loss from perspiration
- Increasing circulation to the skin, prevent cellulite
- Relaxing heat helps ease stiff muscles
- Increased perspiration helps rid the body of toxins
- Salt releases negative ions that create a fresh, clean, bacteria-free environment
- Great for respiratory system for people with Asthma and Allergies
- Reduces the effects of stressful life
- Helps regulate blood pressure, balancing blood sugar and pH acid levels
- Reduces common signs of aging
- Increases your body's immune response
- Salt therapy is an excellent way to keep your body takes minerals



Example of Am-Finn Himalayan Sauna

*Does not reflect actual install at Zenergy.

