



## HALOTHERAPY ENVIRONMENT INSTALLATION



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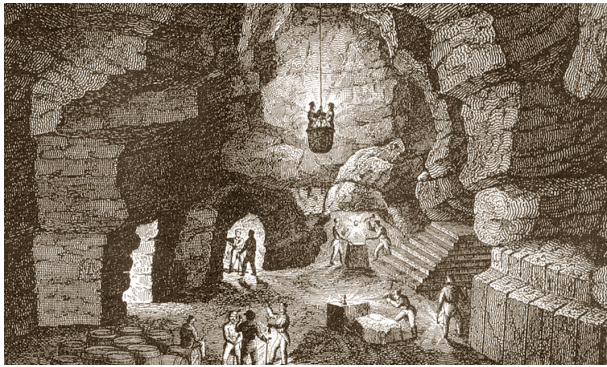
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# The Benefits of Halotherapy

Monks in 13th century Europe discovered the benefits of halotherapy for a multitude of respiratory and inflammatory illnesses. Now it is being revisited as a highly beneficial therapy in the 21st century. One does not need to visit an ancient salt cave to experience the restorative effects of natural salt therapy



- it has become a standard therapy in many modern spas. The use of salt therapy for health spans history, from ancient Greece, (where the name "halo" meant salt) to the 19th century

discovery that salt miners suffered far less respiratory disease than miners of other materials in the same area.

## Proven in Clinical Studies

A leading Polish surgeon at the time, Dr. Bochkowsky, was aware of the history of halotherapy in Poland, and was inspired to conduct a study of coal and mineral miners who were exposed to halotherapy. He then published a peer-reviewed paper in 1843 stating his impressive findings - that mineral salt therapy was indeed beneficial to coal miners who were suffering lung and respiratory ailments as a result of their occupation.

Over a century later, the Russians adopted halotherapy as an accepted treatment for bronchial distress, asthma, sinusitis, even tuberculosis. Because of political tensions between the US and Russia during the mid-20th century, the benefits of halotherapy were not shared and did not make it to the US until fairly recently.

A clinical study conducted in St. Petersburg, Russia found that 85% of patients with mild-to-moderate asthma showed marked improvement, as did 75% of severe asthma sufferers,

and an astounding 97% of patients with acute bronchitis and other bronchial-related diseases. The Lung Institute in Tampa, Florida reports that many COPD sufferers experience positive results from salt therapy. Other ailments that respond well to halotherapy include chronic bronchitis, pneumonia, cough, colds, influenza, sinusitis, respiratory allergies, respiratory infections, and tonsillitis.

## Healing the Respiratory System

The efficacy of halotherapy is due to the sodium chloride (the chemical name for salt), an essential element for the regulation of mucus in the lungs and upper respiratory system. In patients with chronic lung conditions, the levels of naturally occurring sodium chloride decrease, which causes increased mucus production. When patients with these conditions are exposed to an environment rich in microscopic sodium chloride in the air as an inhalant, the benefits can be nearly instantaneous, as they enter the respiratory and pulmonary systems without having to be ingested and metabolized.

## Not Just Any Salt

Halotherapy is performed with pharmaceutical grade salt that is mined from the ground ... not the same thing at all as table salt. The salt mined in the Himalayan Mountains of Pakistan is the richest in trace minerals,

potassium, calcium, magnesium, iodine, manganese and a host of other minerals the body needs to function optimally. There is no substitute - Himalayan salt is the standard for maximum benefits to your health.

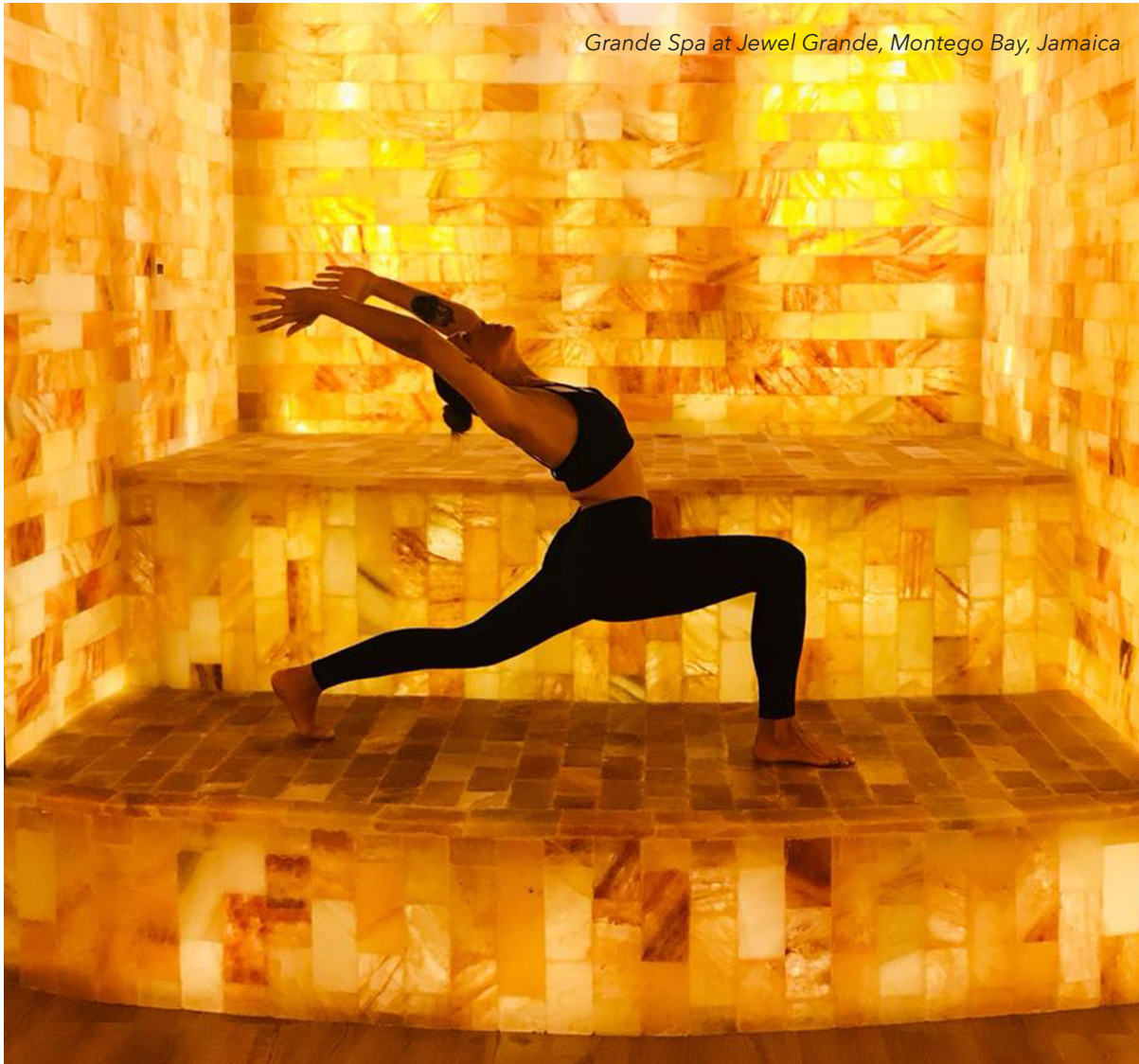




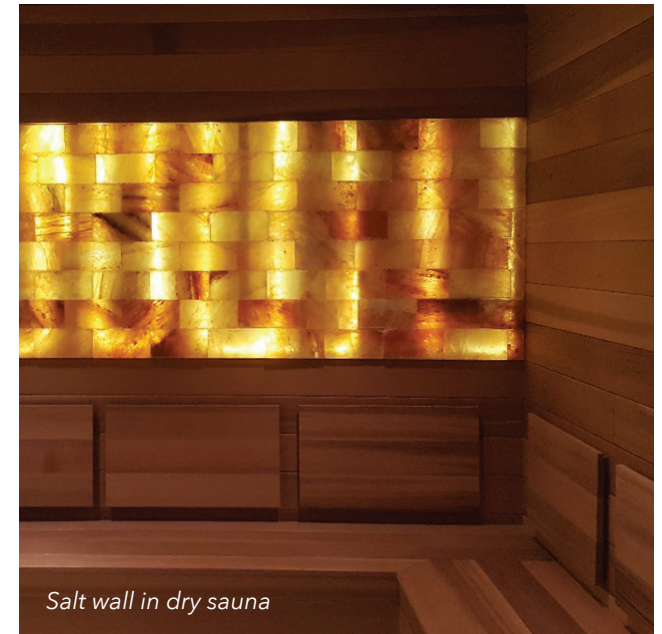
# Examples of Halotherapy Installations

Halotherapy is very versatile in its application to a spa, and can be installed as a small section of wall to an entire backlit enclosure with heated benches.

Here are a few sample installations for inspiration on how you can introduce this important health benefit to your spa environment and menu.



*Grande Spa at Jewel Grande, Montego Bay, Jamaica*



*Salt wall in dry sauna*

*This is only a small sampling of what can be done.  
The possibilities are really unlimited.*



*Community salt room*



# Salt Décor Options

If space is limited, Himalayan salt blocks can be installed as partial walls, as framed wall décor, or added to the room as a stand-alone unit.

*Below: Full backlit wall installation*

*Top right: Backlit partial set into full wall with framed backlit décor piece.*

*Bottom right: Stand-alone framed unit.*





# Preparations

There are many types, styles and ways to design and build a salt room, which can be of varying sizes and shapes. A salt room can be made for use by one person at a time or as a group treatment area. Typically, effective salt rooms are not more than 440 square feet/40 square meters, given the capacity of most halogenerators.

A salt room can be built from an empty shell or by transforming an existing room, as a stand-alone business, or as an add-on to an existing spa/wellness center, massage room, yoga studio, chiropractic treatment room, or any health care facility.

Building a salt room can seem deceptively simple, but there are several factors to consider during the designing and building process. Given that this is a relatively new industry for many people, there are aspects to creating a salt environment that some may not know or understand... from landlords and general contractors to architects and interior designers. TouchAmerica is an industry pioneer in halotherapy environments and equipment. We offer guidance with experience to ensure successful installation and operation.

## Heating, Ventilation and Air Conditioning/Circulation

First, it is important to understand that in certain situations, salt can be corrosive to surrounding fixtures, equipment and ventilation systems. You must understand the dynamics of how to design and build a salt room, knowing for example that a the room needs to be within a specific temperature and humidity range, and that you must control air flow, ventilation and air circulation.

You do not need to have a separate HVAC to build a salt room, but you do need to properly configure the system for maximum efficacy.

## Specifics:

- Temperature should be in a range of 68°F-74°F/ 20°C- 23°C
- Humidity should not be more than 50 - 55%
- A salt room needs to be an enclosed, sealed space with a fixed/hard ceiling. Ceiling or drops down tiles are typically porous - salt will escape the room, and the grids are usually made from materials that salt may corrode.
- The halogenerator is mounted outside of the room on an adjoining wall with a hole cut through where the sleeve of the halogenerator comes into the room to disperse the dry salt air.
- The halogenerator is typically installed in a utility closet or similar enclosure for protection and to prevent unauthorized usage or tampering.
- The halogenerator is plugged into a standard 110V outlet.

## HVAC Functions for a Salt Room:

- An average salt session is 45 minutes.
- During the salt session, the airflow into the salt room needs to be off. It may be turned on for a short period of time during the session if needed, however, try to avoid it if possible. This prevents the airflow from blowing or pushing the salt air down.



- To modify an existing system, a motorized dampener is installed so that the entire system does not need to be turned off. Instead, you can just close/stop the airflow into the room.
- The switch for the dampener should be installed next to the halogenerator for ease and convenience of staff operation.
- The dampener also protects the rest of the system, ensuring that salt air will not get back into the system.
- The dampener should be of non-corrosive material such as stainless, aluminum or other.
- Do not place a return in the salt therapy room. Return air pulled from the salt room can damage your HVAC system.
- The closet or room that the halogenerator is mounted in should have good airflow or make-up air available since the halogenerator does bring air into the salt room. If possible, the closet should have airflow into the area, either with an air supply vent, or vents in the door or adjoining closet walls.
- At the conclusion of a salt session, the halogenerator will stop blowing salt into the room, and any remaining micro-sized particles of salt in the air will fall to the floor.
- At this time, the airflow can be turned back on, the doors to the room are opened and an exhaust fan should now be turned on. The exhaust fan should be installed in the room to vent to outside of the space. There will be no discharge of salt since all salt in the air will have dissipated.

- The exhaust should be sized in order to perform 1 – 1.5 complete air circulation in 15 minutes (4 per hour).

**For Example:**

300 sq. ft. room, 15 ft. X 20 ft. x 8 ft. high = 2400 cubic ft.  
 $400:15=160$ . A 160 CFM fan will change the air 1 time every 15 minutes. Suggested fan size is 160-240 CFM.

- The exhaust fan and ductwork can be plastic or other noncorrosive material.
- The exhaust fan should be off during salt session.
- The switch for the exhaust fan should also be in close proximity to the halogenerator and the dampener switch.
- The exhaust can also have a timer switch so it can shut off automatically after the 15 minutes.

Halo FX halogenerators have auxiliary outlets for wiring directly to the halogenerator and can be programmed accordingly. However, we recommend also having the previously-mentioned switches.

**Proper Placement and Installation of the Halogenerator**

As mentioned, the layout and dimensions of the room need to be considered in terms of cubic volume of space, which will determine the exact placement of the halogenerator, as well as the halogenerator programming and all other controls.

**Electrical, Furnishings and Other Components**

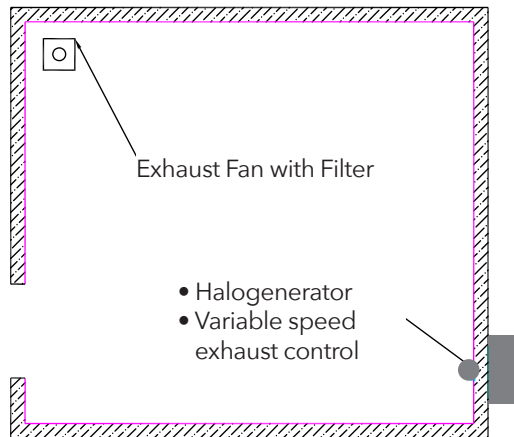
Given salt's corrosive nature over time, all components inside the salt room need to be corrosive-tolerant, including lights, switches, vents, speakers, and furnishings.



# Installation

## ROOM TYPE 1:

- Room with no HVAC supply or return air
- Exhaust fan placed opposite Halogenerator

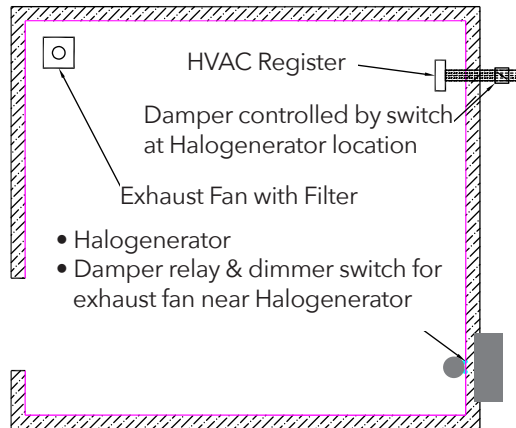


### Ventilation Options:

- Exhaust can be vented outdoors without filtration.
- If vented indoors, a HEPA filter must be used to eliminate corrosion.

## ROOM TYPE 2:

- Room has HVAC supply
- Exhaust fan placed opposite Halogenerator

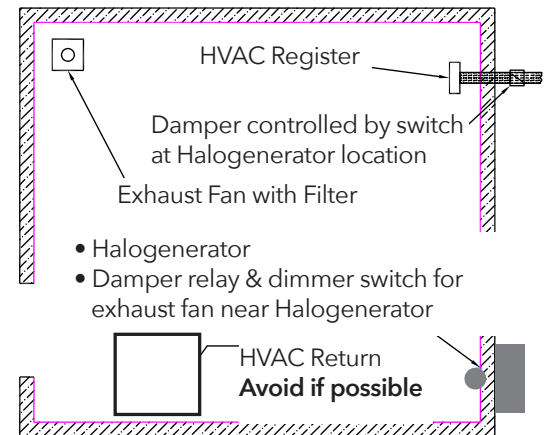


### Ventilation Options:

- Exhaust can be vented outdoors without filtration.
- If vented indoors, a HEPA filter must be used to eliminate corrosion.

## ROOM TYPE 3:

- Room has HVAC supply & air return
- Avoid HVAC return if possible.



### Ventilation Options:

- Exhaust can be vented outdoors without filtration.
- If vented indoors, a HEPA filter must be used to eliminate corrosion.
- Damper for both register and return operated by the same relay switch.
- If the halotherapy room has a dedicated HVAC system, it should be turned off during treatments.
- Avoid HVAC returns that draw air from additional rooms for zones.

**Active links  
to instructional and  
manual documents:**

**FX Halogenerator (by Global Halotherapy Solutions)**

**HEPA Filters**

**Damper**

**Transformer**

**Heated Floor**

**Air PPM Meter**



# Maintenance

## General maintenance of your halotherapy generator includes:

- Changing the HEPA filter every 1-2 weeks depending on volume of use.
- Ensuring the proper low humidity level to protect the integrity of the salt.
- Changing the floor salt every 3-5 years.

(To prolong the life of your salt floor, we recommend providing disposable paper booties for your clients.)

## Maintaining and Cleaning Your Halo-FX™ Halotherapy Generator

Use a soft bristle paint brush and a dry cloth to clean your equipment. DO NOT use any wet or compressed air cleaning products on this equipment. The feeder must be cleaned daily, while the mill and fan need to be cleaned at least every other week (or more, depending on how often the machine is being used.)

### Cleaning the Feeder

1. Disconnect the feeder from the generator.
2. Lift the Feeder.
3. Make sure the hole in the white tube is facing the operator.
4. Empty the feeder of any remaining salt. You may choose to put this leftover unground salt back into your crockpot for later use.
5. Lift the white latch on the front of the feeder and remove the white plastic screw.
6. Brush away any residual salt in the feeder and on the white plastic screw using a soft bristle paint brush.
7. Put back the white plastic screw and lock the latch.
8. Leave the feeder disconnected while cleaning the mill and fan, but be sure to return the feeder to the top of the generator and reattach the feeder connector when finished cleaning.



Disconnecting feeder from generator.



Turn so that hole in tube is facing operator. Empty feeder.



Lift white latch and remove plastic screw. Brush away salt.

## To Clean the Mill and Ventilator Fan

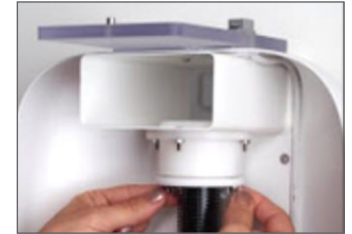
1. Disconnect the plugs of the fan and mill from the electrical box inside the generator.
2. Remove the fan by placing your thumbs against the acrylic plate for support, then gently pull the fan while holding the sides.
3. Remove the wingnuts from the base of the mill.
4. Carefully remove the base of the mill.
5. Clean both the ventilator fan and the mill of any residual salt by using a soft bristle paint brush.
6. Return the mill to its original placement and screw the wingnuts back into place, making sure not to overtighten the wingnuts.
7. Return the ventilator fan to its original position by gently pushing back into place.



1. Disconnect the plugs of the fan and mill from the electrical box inside the generator.



2. Remove the fan by placing your thumbs against the acrylic plate for support, then gently pull the fan while holding the sides.



3. Remove the wingnuts from the base of the mill.



4. Carefully remove the base of the mill.

Continue to clean according to instructions above.



# Halotherapy Equipment

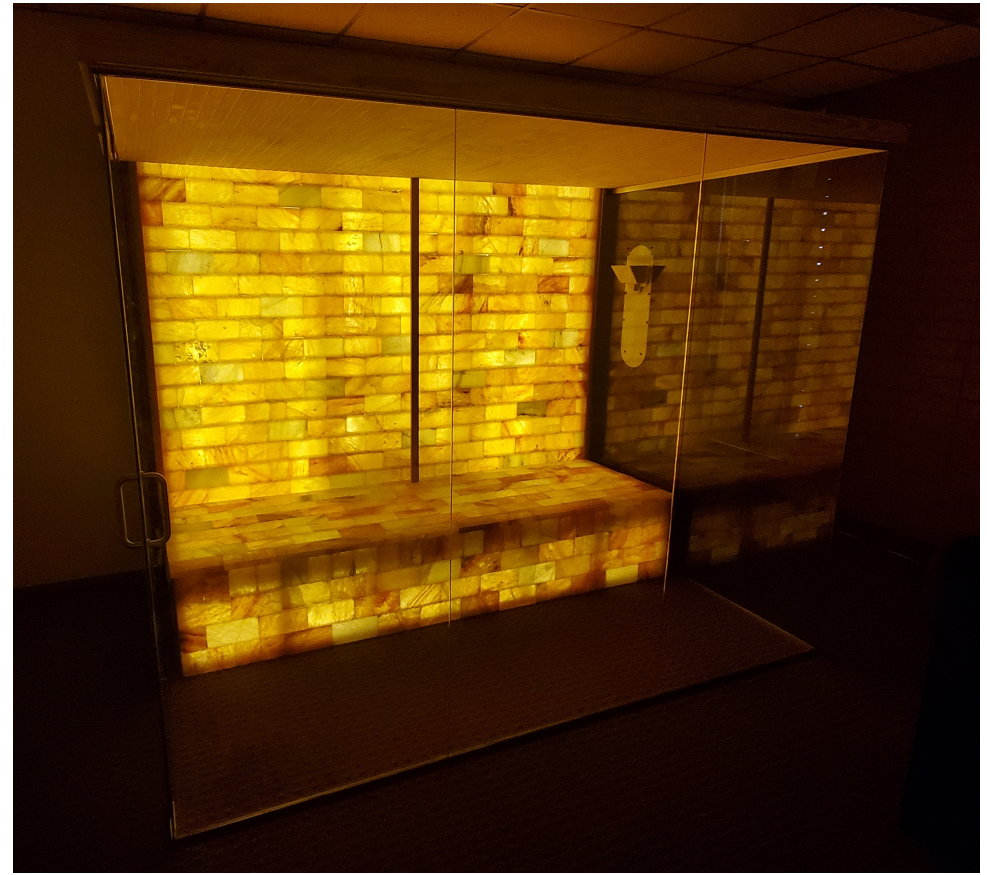
In addition to creating an entire halotherapy salt room or wall, you can add equipment to offer a more complete and beneficial health treatment. Pictured here are some of the halotherapy equipment options Himalayan Source provides.

For more information on all of our halotherapy equipment and installation options, please email us at [info@himalayansource.com](mailto:info@himalayansource.com).

## Salt Pod

Convenient, quick and positively impactful for your pulmonary health! No need to undress or change clothes, simply sit and inhale deeply in a comfortable environment rich with the benefits of halotherapy. A 30-minute Himalayan Source salt pod session gives time for meditation or, for busy professionals, to stay in business attire, make phone calls, conduct a Zoom meeting or answer emails. Use the time as desired – while you breathe in the pharmaceutical grade salt dispensed by the halogenerator! Salt pods start at \$8,500 and include 64"x84" salt wall (bench not included). Contact us for info and other sizes available with 2, 3 or 4 glass walls.. For details, visit the link below.

<https://www.himalayansource.com/himalayan-salt-pod.html>



## FLEX-BLOCK™ Salt Table 11396

The Flex-Block™ Salt Treatment Table provides an easy-to-use and very comfortable method to deliver salt's healing properties. Our innovative Flex-Block™ Salt Bed provides the benefit of direct skin contact with perfectly-warmed salt, without any worry about sanitization. Unlike granular salt beds, the Flex-Block™ Salt has a solid surface that is easily sanitized before each treatment. For details, visit the link below

<https://www.himalayansource.com/himalayan-salt-flex-massage-table.html>



### **Flex-Block™ Salt Lounger** 31060-Salt

Cradled in healing comfort, experience the nourishing benefits of Himalayan salt while relaxing on the heated, ultra-comfortable Flex-Block™ Salt Lounge. Client lays directly on our innovative flex-top surface - Himalayan salt tiles that cushion and give way with the body for a comfortable, cradling feeling. With remote control, the motorized lounge moves easily from upright to a soothing zero-gravity position. Waterproof heater warms the salt tiles that release negative ions to improve respiratory and allergy issues, decrease anxiety, and more. It's like being in a hammock but on heated salt crystals! For details, visit the link below.

<http://www.himalayansource.com/himalayan-salt-flex-spa-lounge>



### **Himalayan Salt Frame** 97-41012 & 97-41013

Himalayan Source's Himalayan Salt Frame makes it easy to add this healing feature to a home, office or wellness facility. This innovative system is ideal for adding to a sauna where dry heat activates the Himalayan salt blocks, transforming them into ionizers. Wellness is enhanced with an abundance of ions that support the respiratory and immune systems. Himalayan Salt is beautiful, especially when lit. Our frames come with an LED rope light to backlight the salt and add beauty to its natural healing properties. We designed our Himalayan Salt Frame system to be easy to install, requiring no special tools or skills. For details, visit the link below.

<http://www.himalayansource.com/himalayan-salt-panel>





# Pricing, ROI & Opportunities

## Pricing

Since each installation project is essentially a custom one, please fill out the attached checklist to give us an idea of your needs, and we will provide a custom quote for your installation.

## Growing Market

The interest in salt therapy and the health benefits it provides is growing rapidly, making it one of the most promising additions to any spa, wellness center, fitness center, etc. Right now, there is a largely untapped market for this increasingly popular treatment, with a non-competitive market and open territories that provide opportunities to be the first in your area to offer this service.

## Low Start-Up & Labor Costs

With low start-up costs and initial investment, the potential returns on this addition to your facility are accelerated and ongoing. The cost of maintenance and labor is minimal, and no special licensing or certification is necessary.

## Potential ROI

Halotherapy rooms are generally communal, so you can offer treatment to several clients at once. The average salt therapy treatment lasts for 45 minutes, and the charge averages between \$30-\$45 per person for adults. Charges can be lower for children and seniors. Promotions on the benefits to those with respiratory, rheumaty and skin conditions can determine and improve your capacity/number of treatments per day.

Over 34 million Americans suffer from asthma and 50 million suffer from allergic rhinitis, with millions who have arthritis, psoriasis and other ailments that are responsive to halotherapy. The interest and demand for these therapy facilities have grown exponentially since the early 2000s. The time to invest in this opportunity to help as many people as possible suffering with these conditions is - *now*.







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Reach new heights.