

# How Do High-End Properties Shake Up Spa Treatments? Salt Therapy



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If you are among those living in or considering a move to an ultra-luxuriant residential building in part for its luxe spa, you fully expect that spa to feature the latest, most cutting-edge treatments. One of the newest appears very much worth its salt.

Among the leading trends in high-end spas these days is use of Halotherapy, often referred to as salt therapy. The use of salt to enhance health and healing dates way back to ancient times, when many a shaman and sage encouraged salt inhalation to improve respiration and address an array of health problems. Negatively-charged ions in salt can boost mood, while salt's curative powers can benefit immune, lymphatic and nervous systems, improve lung capacity and help ward off the flu bug.

Spa directors at exclusive residential buildings from coast to coast have taken note, and are now incorporating salt therapy into their spas. The treatments tend to take the form of anything from therapy sessions to Himalayan pink salt baths. The result, say salt therapy enthusiasts, is an invigorating new lease on life, health and energy.

## A hydrothermal experience

Not to be outdone, [Amrit Ocean Resort & Residences](#) in Riviera Beach, Florida is including a salt inhalation therapy chamber, also known as a salt room. Situated within Amrit's AAYUSH (a Sanskrit term meaning "longevity") amenity, the salt room is intended to reduce assorted respiratory ailments, address skin conditions ranging from eczema to acne, and generally contribute to overall wellness, including the reduction of allergies.

The AAYUSH experience, available to the property's guests and residents, will include a hydro-reflexology path, replenishment pools, effusion shower and a full hammam spa.

If the trend continues to capture adherents, can we anticipate a near future in which treatments based on salt pepper the nation's highest-end spas?

*Source: [www.forbes.com](http://www.forbes.com)*