

Welcome to



Salt Revive
nature's cleanser



What is salt therapy?

Otherwise known as 'halotherapy': a drug free treatment that imitates the micro climate of a natural salt cave.

For thousands of years 'salty air' has been a recommended form of health therapy.

Come and experience the benefits of the anti-pathogen and anti-inflammatory properties of salt infused air.

Who can we help?

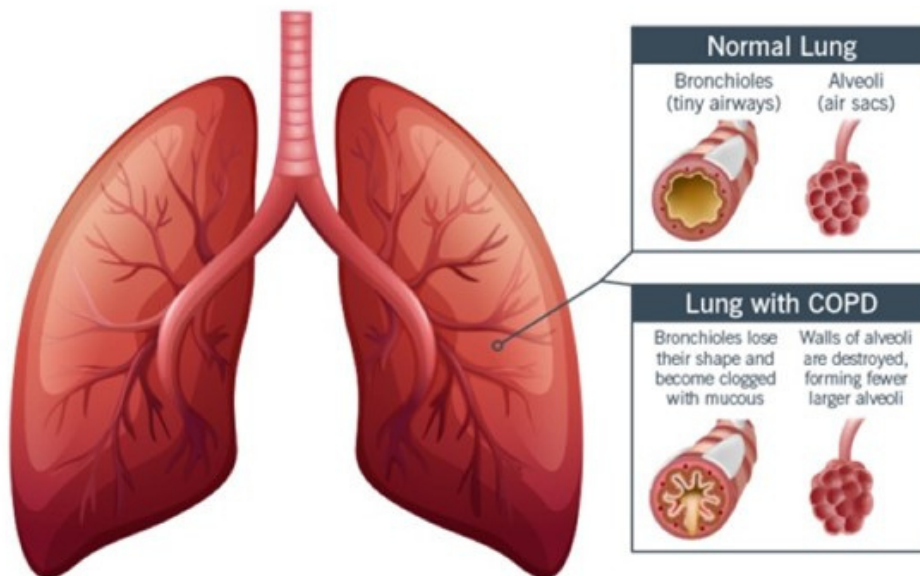
We can help both adults and children suffering from COPD, asthma, bronchitis, coughs, cold or flu symptoms, hay fever, eczema, psoriasis and most other respiratory or skin conditions.

COPD: **Chronic Obstructive Pulmonary Disease**



What is it?

COPD is a lung disease that results from obstructions in the airways of the lungs that lead to breathing problems.



COPD:

What are the symptoms?

- * Shortness of breath
- * Chest tightness
- * Wheezing
- * Chronic cough

What are the triggers?

- * Pollution
- * Dust
- * Extreme temperatures (hot or cold)
- * Tobacco smoke
- * Pollution



Asthma

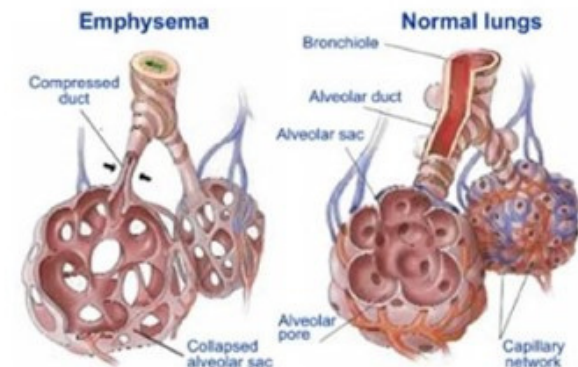
What is it?

A respiratory condition marked by attacks of spasm in the bronchi of the lungs, causing difficulty in breathing. It is usually connected to allergic reaction or other forms of hypersensitivity

Emphysema

What is it?

In emphysema the alveoli (small air sacs in the lungs that facilitate the exchange of carbon dioxide and oxygen) are damaged and die. This leaves holes in the lungs that results in lost lung tissue and increased symptoms of COPD.



How could Salt Therapy help?



Breathing in the microscopic salt particles, they travel deep into the respiratory tract and help reduce inflammation and clear mucus.

The antibacterial properties of the salt can also help kill micro organisms that cause infections

- 1** While relaxing in our salt room you will inhale minute particles of salt.



- 2** These salt particles will open up the airways and break up mucus.



- 3** Airways eventually clear, improving your breathing.



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Why Salt?



Salt has 5 natural properties to help us achieve health and wellbeing:

- 1/ It is naturally anti-bacterial.
- 2/ It is a natural anti-inflammatory.
- 3/ It is a natural anti-histamine.
- 4/ It is a de-hydrant.
- 5/ It has anti-viral properties. In particular, it helps to improve the effectiveness of mucus as a selective barrier against microbes

Our treatment rooms

The adult sessions take place in a softly lit, relaxing, calm, quiet environment.

Sit back, relax, breathe deeply and enjoy switching off for 45 mins whilst the salt particles work their magic.



The children's experience is focused on having fun whilst improving their health.

They can play or watch TV whilst they undergo their 30min treatment.



Monthly Packages

PLUS PACKAGE FOR ONE
4 SESSIONS - £75

PRIVATE PLUS PACKAGE FOR ONE
4 SESSIONS - £95

PLUS PACKAGE FOR TWO
4 SESSIONS - £113

PRIVATE PLUS PACKAGE FOR TWO
4 SESSIONS - £143

PREMIUM PACKAGE FOR ONE
6 SESSIONS - £85

PRIVATE PREMIUM PACKAGE FOR ONE
6 SESSIONS - £105

PREMIUM PACKAGE FOR TWO
6 SESSIONS - £123

PRIVATE PREMIUM PACKAGE FOR TWO
6 SESSIONS - £153

UNLIMITED PACKAGE FOR ONE
£99

PRIVATE UNLIMITED PACKAGE FOR ONE
£119

UNLIMITED PACKAGE FOR TWO
£149

PRIVATE UNLIMITED PACKAGE FOR TWO
£179

4 FOR £153 FAMILY PACKAGE (*FOR 4)
£153

6 FOR £168 FAMILY PACKAGE (*FOR 4)
£168

UNLIMITED FAMILY PACKAGE (*FOR 4)
£189

CORPORATE WELLBEING

UNLIMITED TEAM PACKAGE (UP TO 8 TEAM MEMBERS PER SESSION)
£265 (STANDING ORDER ONLY)

ANYTIME PACKAGE - ANY STAFF MEMBER AT ANYTIME
£350 (STANDING ORDER ONLY)

*ADD £20 FOR EACH EXTRA FAMILY MEMBER
YOU MUST LEAVE AT LEAST 48 HOURS BETWEEN
SESSIONS
ALL PACKAGES MUST BE PAID FOR IN FULL IN
ADVANCE
UNLIMITED PACKAGES ARE NON-TRANSFERABLE



Private Sessions Available

We understand that some people prefer to relax in a solitary environment. For that reason we also offer private packages. Please speak to a member of staff for further information.



What else do we offer?

Our popular salty yoga workshops are run monthly.

Join us for 90 minutes of gentle yoga with 40 minutes of salt therapy included, providing you with the perfect environment to nourish mind, body and soul.

Salt Revive welcomes you regardless of whether you are a complete beginner or a seasoned 'yogi'.



What else do we offer?

Tai Chi

Tai Chi is a martial art which can trace its origins back to, at least, the early 1600s. Salt Revive has teamed up with Ted Oxley, a Level 5 instructor with over 35 years experience. Ted teaches the Lee Style form of the martial art and has spent time in China developing his skills with renowned master John Ding.

Our classes take place in the salt room, enabling you to experience the combined benefits of salt therapy and tai-chi simultaneously.



棚 Ward-off

捋 Roll back

挤 press

按 Push



採 Pluck

捋 Lay

肘 Elbow

靠 Lean sideways

What else do we offer?

We are so excited to be bringing you a very unique experience, not done anywhere else in the whole of the UK!

Our salty gong bath!

Sound therapy has been around for thousands of years and this healing practice uses vibrational sound and frequency to help reduce stress, ease pain and create a deep sense of peace and wellbeing for better health.

The session will take place during a salt therapy session, so let the powerful and therapeutic gong bathe you in sound waves and vibrations to re-tune and re-balance you.



Corporate Wellbeing Experiences



Contact Salt Revive to arrange a staff wellbeing experience.

Prices start at £500 and can be tailored to suit your requirements. We are, of course, here to offer advice and direction.

Wellbeing therapies currently available include gong bath, meditation, yoga, tai-chi and salt.



Address & Contact Details



01482679453



enquiries@saltrevive.com



Salt Revive
85 Mill Lane
Beverley
HU17 9DH

