

# HALOTHERAPY IN IIRIS SALT ROOMS

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Non-stop regime of operation	Error! Bookmark not defined.

## **GENERAL INFORMATION**

- **Speleotherapy**
- **Halotherapy**
- **Conditions in liris Salt Rooms**
- **Recommendations for use**

### ***Speleotherapy***

Speleotherapy (Greek: Speleon – cave; therapy – treatment) stands for the use of subterranean salt caves for therapeutic purposes, especially the treatment of chronic airway diseases.

The healing atmosphere of the salt caves has been acknowledged for several centuries. For example, the medieval monks took sick people to the salt caves and let them breathe the air saturated with salt particles. These salt particles were freshly created and “activated” while the monks constantly crushed the stalactites.

In 19<sup>th</sup> century, the speleotherapy started to gain popularity in Europe. The salt industrialists in Poland noticed that none of the miners in the salt shafts ever suffered from lung related diseases, for example pneumonia and asthma. It was then that the first underground cure centre was established in Poland, Wieliczka, to cure the aforementioned diseases, especially asthma. In 1843, the Polish physician F. Bochkowsky published a book about the therapeutic effects the salt cave environments have on respiratory diseases.

### ***Halotherapy***

Since the natural salt caves and salt mines are not conveniently accessible for most of the people, the conditions of the salt caves are now recreated by using the scientifically proven methods of halotherapy (Greek: halos – salt; therapy – treatment). The therapy is carried out in a designated room -- the halotherapeutic chamber or the salt room.

Halotherapy is characterized by no-drug and noninvasive treatments of respiratory diseases. In its effectiveness, it can reduce the intake of medications or enhance their effectiveness, as well as providing the preventive measures and rehabilitation.

In the former Soviet Union, the research on the effects of the salt therapy started in 1968 in Trans-Carpathians at Solotvino village, in a hospital designated for the

treatment of allergic diseases. The therapeutic effect was confirmed by various biochemical, immunological and microbiological studies. As the results of the studies showed, the salt therapy resulted in 6 months to 5 years relief for most of the patients participating in the research.

**Supported by the research results, the new effective asthma treatment method was established. It is based on the patients being in a special salt room, where the microclimate of the salt cave is created with the help of the special salt-aerosol.**

### ***Conditions in Iiris Salt Rooms***

In Iiris Salt Rooms, the micro-particles of salt are produced in a special salt grinder – the salt aerosol generators Iiris 35M, Iiris 36, Iiris 38, Iiris-136M & Iiris-138.

The particles are impacted with high kinetic energy, which further intensifies the healing process of salt therapy.

The "Life-Time" of these activated micro-particles is very short. Therefore, it is of utmost importance that the salt aerosol is produced by the generator and delivered to the patient in a non-stop regime.

This is guaranteed by all Iiris-type halogenerators which constantly blow and scatter the salt aerosol into the air for the patients to breathe it in.

#### **Conditions in Iiris salt rooms:**

- **Temperature from 20-26C**
- **Humidity from 40-50%**
- **Aseptic environment**
- **High concentration of negative ions**
- **Relaxing atmosphere**

The salt aerosol concentration in Iiris salt rooms can be adjusted.

## ***Recommendations for use***

***Salt therapy is recommended for patients with:***

- \* Bronchial Asthma
- \* Chronic Obstructive Pulmonary Disease
  - Chronic Bronchitis
  - Emphysema
- \* Cystic Fibrosis
- \* Bronchiectasis
- \* Smoking Cough
- \* Cough with viscous sputum discharging with difficulties
- \* Chronic ENT illnesses:
  - Otitis
  - Tonsillitis
  - Sinusitis
  - Pharyngitis
- \* Eczema
- \* Dermatitis
- \* Chronic stress and fatigue

***Salt therapy is not recommended for patients with:***

- \* Internal diseases in decompensation
- \* Severe hypertension
- \* Relapsing and massive bleeds of any kind
- \* Blood diseases in acute stage
- \* Acute stage of respiratory diseases
- \* Severe chronic respiratory failure
- \* Active tuberculosis
- \* Mental disorders and all kinds of drug addiction
- \* Malignant diseases
- \* Intoxication
- \* Cachexia
- \* Pregnancy

## **TECHNICAL INFO**

- **Salt therapy sessions**
- **liris equipment and salt therapy rooms**
- **Working Principles**
- **Requirements of the salt therapy room construction**



### ***Salt therapy sessions***

- Throughout the sessions, the dry salt aerosol gently cures respiratory and skin ailments
- The session lasts from 20 to 90 minutes during which the patients sit in relaxed positions on the comfortable deck chairs
- Calming, diffused light and ambient music helps the patients to go into the relaxed state of mind
- Kids can play 'sand cave adventures' in the saltbox, where sand is substituted by the salt
- There is no age limit, although very small children have shorter sessions with lower salt concentration. General practitioners, family doctors, otorhinolaryngologists and allergologists can send patients to a salt therapy room with assurance of health improvement.

### ***liris equipment and salt therapy rooms***

Iris salt generators have been designed and developed for the treatment of all cases of allergies (taking into account the different ages and levels of asthma, psoriasis, bronchitis, chronic colds, etc.)

The generators correspond to the European standards and have the following accreditations:

- EVS EN 60204 - The Declaration of Conformity
- Estonian Register of Medical Devices GMDN – code 12712, INDT-INDI-7365

We provide salt rooms in different sizes, starting from the single-person room (2-3 m<sup>2</sup>; 4m<sup>3</sup>; the volume of salt is in the range of 500-1000kg) to 10-12 persons' room (22-25m<sup>2</sup>; 40-60m<sup>3</sup>; 4000-5000kg).

The walls, ceiling and floor of the salt room are covered with at least quadruple layers of salt. This salt is dry and has the depth of about 1-15 cm.

Volume of salt used in Iris salt rooms corresponds to the amount in natural salt caves and ocean sites.

To achieve this specific microclimate we use clean rock salt (NaCl). Upon request, we can use the sea salt or coloured Himalayan salts.

### ***liris halogenerators***

Our state of the art "Iris" halogenerators produce dry NaCl salt aerosol in a non-stop regime, which means that the salt particles are always activated by the high kinetic energy. This guarantees that the aerosol has maximum influence on allergic mucosa and skin of the patients.

Depending on the specifics of the patients' diseases, the operator can adjust the treatment regime in a salt room:

- \* Varying size of the salt particles
- \* Levels of energy carried by these particles
- \* Concentration of the salt aerosol
- \* Duration of the treatment (20 to 90 min)
- \* Speed of the generator (from 8000 to 25000 prm)
- \* Duration of the salt room ventilation between treatments (from 10 to 30 min).

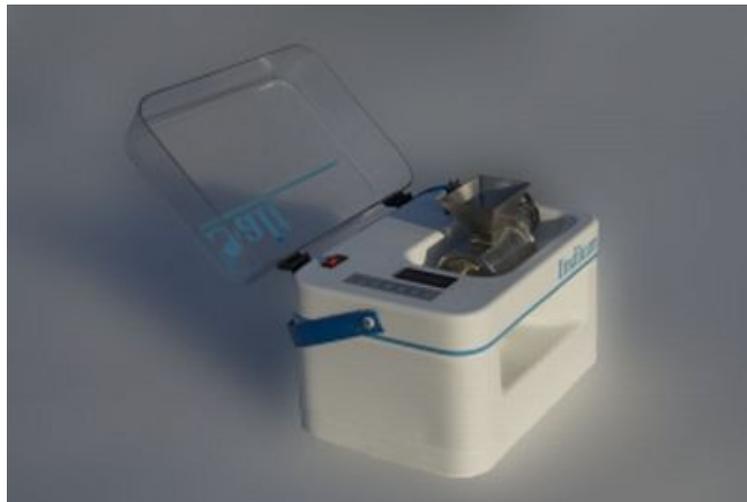
We supply two kinds of dry salt aerosol generators:

1. The halogenerators which are installed on the **outside** wall of the salt room:
  - Iris 35M, Iris 36 and Iris 38
  - Universal automatic and digital
  - Are suitable for all sizes of salt therapy rooms (especially for bigger sizes)
  - Allow the adjustment between six different levels of dry salt aerosol concentration and the size of particles. See more on page 4
  - The dry salt aerosol is constantly blown into the salt therapy room via 10cmx15cm hole in the wall
  - Various cure modes can be implemented



*The halogenerators which are installed on the **outside** wall of the salt room:  
Iris 36 and Iris 35M*

2. The halogenerators which are installed **inside** the salt therapy room:
- Iris 136M and Iris 138
  - Compact, digital and automatic
  - Are suitable for small and middle-size salt therapy rooms (**especially for Salt Cocoons**)
  - Allow the adjustment between six different levels of dry salt aerosol concentration and the size of particles. See more on page 4
  - The dry salt aerosol is constantly blown into the salt therapy
  - Various cure modes can be implemented.



The halogenerator which is installed **inside** the salt therapy room: Iris 136M

**We support our products with 24 months warranty for worry free operation!**

## ***Requirements of the salt room construction***

Typical sizes of salt therapy rooms and amounts of salt needed:

- \* 4-6 m<sup>2</sup> salt room for 2-3 patients. Recommended amount of salt - 1200-1800 kg
- \* 8-12 m<sup>2</sup> salt room for 4-5 patients. Recommended amount of salt - 1900-2200 kg
- \* 14-19 m<sup>2</sup> salt room for 6-8 patients. Recommended amount of salt -2300-2500 kg
- \* 20-25 m<sup>2</sup> salt room for 9-12 patients. Recommended amount of salt-3500-5000 kg

Before the construction begins, it is necessary to secure adequate amount of salt and to dry out the room so that its floor, walls and ceiling can be covered with salt layers.

The customer is free to choose between the following salt therapy room construction options:

a) *Salt therapy room constructed by our specialists in "Turnkey" mode.* In this case our guarantee extends for the equipment as well as construction works for 24 months.

b) *Salt therapy room constructed independently by the customer,* using our state-of-the-art dry salt aerosol generator "Iiris". All certificates, instructions, recommendations, manuals and guarantees are included.

## ***"Turnkey" installation of salt room***

Turnkey installation of salt room consists of three stages:

### *First Stage*

Takes 2-4 days and includes all preparatory as well as construction works before the salt is applied to the surfaces. For example: installation of doors, ventilation channels, cables, covering walls and ceiling with dry wood-boards and metal net.

### *Second Stage*

Takes 4 days and includes application of quadruple layers of salt to all surfaces.

### *Third Stage*

Takes 1-2 days and includes the installation of devices, testing and training.

**Our expertise is based on the high experience of constructing and providing guidance to over 200 salt therapy rooms operating all over the world.**

## **SALT-COCOON**

*(manufactured and sold by Kokkonen LLC, [www.salt-cocoon.com](http://www.salt-cocoon.com))*

**Salt Cocoon helps people who have allergies**



Salt Cocoon

**Salt Cocoon is an innovation.** It is a compact small salt room made of plastic and designed for individual halotherapy.

Relief in case of asthma, psoriasis, chronic cold etc. Especially helpful in case of psoriasis.

The salt cocoon is a compact small salt chamber made of plastic and designed for individual halotherapy. More information: [www.salt-cocoon.com](http://www.salt-cocoon.com)

The salt cocoon can hold one adult with one child. The effect of the salt therapy is the same as that of the salt room.

### **How the salt cocoon differs from salt chambers?**

- Salt cocoon is designed for individual salt therapy
- Salt cocoon holds one adult and one child
- The patient can be in minimal clothing during therapy sessions to treat psoriasis
- It is easy to relocate, pack compactly and transport the salt cocoon. The total reassembling time of the salt cocoon will not exceed four hours.

### Comparing salt cocoons and salt chambers:

- Salt cocoon is a compact salt room, which covers the entire body of the patient
- The inside of the salt cocoon is hermetic and sterile
- The microclimate of the salt cocoon is the same as in the conventional salt room (salt aerosol and oxygen-enriched air), see: [www.salt-therapy.eu](http://www.salt-therapy.eu)
- The following parameters can be chosen by using the control desk:
  - Concentrations of the salt aerosol in the salt cocoon can be changed.
  - Duration of the therapy session (5-40 min)
  - Duration of the removal of the salt aerosol (1-5 min)
- The salt cocoon is entirely autonomous:
  - it works based on the universal salt generator "Iris-136M" or "Iris-138", see more on page 8
  - it is automatic thanks to digital control
  - similarly to cars, all devices of the cocoon work on 12V direct current (from the accumulator or 12V power supply via the cable)
  - fresh air flows into the cocoon through the filter under its ceiling
  - salt aerosol does not leak from the cocoon into the room surrounding it
  - salt aerosol is removed from the cocoon with filters after the session
  - safety is guaranteed – the patient can stop the session and get out of the salt cocoon at any time.
- Salt cocoon is devoid of materials that could cause allergic reactions.

## **CURATIVE EFFECTS**

Based on studies, the salt rooms are highly suitable for asthmatics. Influence of salt therapy results in the secretion of sputum, and reduction or total disappearance of dyspnea.

The micro-particles of salt destroy bacteria and fungi on mucosa and at the same time strengthen the immune system. Therefore, children who have received salt therapy sessions have stronger health and do not fall ill so often as others.

The salt room operators have also experienced curative influences of the salt therapy-- they have not fallen ill with common viral diseases since the time they started to work in the salt room.

The micro-particles of salt also relieve mucus edema – sneezing stops, congestion in the nose disappears, and rhinitis is relieved or totally disappears.

Sometimes one starts coughing more after the salt therapy session. This does not mean that his/her health has worsened. Quite the contrary - it is a sign of upcoming recovery. In other words, the respiratory tract gets clean in an accelerated mode.

Salt aerosol is also good for the nervous system and relieves stress as well as anxiety because it is saturated with negative ions.

Besides, the salt therapy helps to get rid of various dermatological problems, as salt destroys bad bacteria on the skin.

### **Salt rooms have beneficial effect on people affected with:**

- \* **asthma**
- \* **long acute diseases of the upper airways**
- \* **chronic diseases of the airways**
- \* **chronic pharyngitis**
- \* **chronic tonsillitis or inflammation of the tonsils**
- \* **chronic maxillary sinusitis**
- \* **chronic inflammation of the pharyngeal tonsil**
- \* **bronchitis which has persisted longer than two weeks**
- \* **chronic bronchitis**
- \* **relapsing bronchitis and pneumonia**
- \* **chronic and acute otitis**
- \* **frequent viral infections**
- \* **polinosis or hay rhinitis**
- \* **atopic dermatitis**
- \* **psoriasis**
- \* **putrid dermal infection**

## **TO CLIENTS**

Wide use of Iris salt rooms started in Estonia, Finland and Germany back in 2002. From that time on we have experienced continuous growth and success.

Today, we have many regular customers and our name has spread to numerous countries around the globe. This on its turn has allowed us to constantly develop our products, to widen the volume of our business, and to formulate policies providing our clients with the best support and quality of work.

The efforts of our Research & Development team provided the state of the art equipment. The results of our team's work granted us with the equipment with the following characteristics:

- \* The most effective dry salt aerosol generation capability (non-stop regime of operation)**
- \* Low prices + efficient and modern technology and methods of manufacturing**
- \* Ergonomic design**
- \* Superior flexibility. Our universal halogenerators are suitable for salt rooms ranging from 2m<sup>2</sup> (22,24 sqFt) to 25 m<sup>2</sup> (278 sqFt)**
- \* Unparalleled guarantee of worry-free operation for 24 months.**