

## SaltCave



Foto autors: SaltCave foto arhivs

A great way to improve immunity and health with a salt microclimate and reduce everyday stress and relax. The therapy will also help if you suffer from insomnia and snoring or suffer from a cough caused by smoking. Light, relaxing music plays in the tastefully decorated rooms, which in itself invites you to stop the daily run a little and spend time in peace and quiet. The procedure is very simple – the client simply lies or sits in the salt room and breathes, the special microclimate of the salt room does the rest. Children are also thought of – various toys are provided for them so that they can enjoy salt therapy by playing with salt, similar to playing in a sandbox or beach sand.

Salt therapy is especially recommended for those who suffer from asthma or various chronic respiratory diseases – taking a course of therapy twice a year reduces or even eliminates the need to use special medications. Salt therapy will be helpful if you experience recurrent acute respiratory illnesses over a long period of time, recurrent bronchitis and whooping cough, or bronchitis that lasts longer than two weeks. Salt therapy will also help in cases where you experience skin diseases and infections. All this is available right here in Ventspils!

Sign up for your session by calling +371 20005019 or writing from the website [www.saltcave.lv](http://www.saltcave.lv)

Papildus informācija:

Apmeklējumu pieteikt iepriekš Iespējami norēķini ar maksājumu karti Iespējami norēķini skaidrā naudā Bērnu stūrītis Autostāvvietā

Piemērots personām ar īpašām vajadzībām WC Wi-Fi



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Pr. Ot. Tr. Ce. Pk.

(Only by prior appointment)