

FAQs

Q: What is Salt Therapy?

A: Salt Therapy, also known as Halotherapy, is a natural therapy that uses dry salt to create a microclimate similar to a salt cave. It is a gentle, non-invasive treatment that helps to clear the lungs, improve breathing, reduce inflammation, and improve skin conditions.

Q: What should I expect when I visit Salt of the Earth Sarasota?

A: When you visit Salt of the Earth Sarasota, you can expect a peaceful, calming environment. Our staff will walk you through the process of the Salt Therapy session and you will be given a comfortable chair or bed to relax in. During the session, micro-particles of salt will be dispersed into the air, creating a microclimate similar to a salt cave. You can expect to leave feeling relaxed and refreshed.

Q: How much does Salt Therapy cost?

A: Salt of the Earth Sarasota offers Salt Therapy sessions at a rate of \$40-\$45 per session. Your first single service is \$35.

Q: How long is the Salt Therapy session?

A: Our Salt Therapy (main room) service lasts for 45 minutes, giving you plenty of time to relax and enjoy the benefits. We also offer shorter sessions (20 min) in either of our booths.

Q: Do I need to stay dressed during the Salt Therapy session?

A: Yes, you need to stay fully clothed during your Salt Therapy session. We recommend wearing comfortable, loose fitting clothing, we just ask that you remove your shoes. It is not hot in the salt room, so you don't need to worry about getting too warm.

Q: Is Salt Therapy done with other people?

A: Our main salt room is a communal experience. You will be sharing the salt room with a few other people, but the room is large and comfortable enough to allow for plenty of space. If you prefer to be alone or with one other, we offer our salt booths for that.

Q: Does Salt Therapy really work?

A: Yes, Salt Therapy has been used for centuries to treat a variety of health issues. It is a natural way to improve respiratory and skin conditions, and it can also be used to reduce stress and improve energy levels. Best for allergies, asthma, sinus, bronchitis, coughs/colds and more.

Q: How often can I do salt therapy?

A: There are no restrictions when it comes to how often you would like to do a service. There are clients who have added salt therapy to their daily routines which helps to boost the immune system.

Q: What's the difference between the Salt Booth and Salt Bed?

A: Our salt booth is an expedited version of our main salt room. In this space you are breathing micro particles of salt that help to open your airways and help you to breathe easier. Our salt bed is used for reducing pain and inflammation in the body. You are laying physically in the salt which helps to pull inflammation, toxins and relax the muscles.

Q: What are your hours?

A: We are open Monday through Saturday 10am - 6pm.

Q: Do I need to make an appointment?

A: It's always best to make an appointment to ensure you get the time and service you want. We do take walk-ins and you are always welcome to call to book.

Q: Do you have packages?

A: Yes, we offer 3 packs and monthly unlimited packages for all of our services. Our monthly packages are for 30 consecutive days and is not a contract.