

Free trials to beat your allergies

✘ Scotland's only Salt Cave, located in Edinburgh, is offering all new clients free trials and 10 treatments for the price of five during Allergy Awareness Week, which runs from tomorrow aimed at raising awareness of the difficulties people experience who suffer from allergies.

Over 5000 adults and children from all over Scotland have visited The Salt Cave since it opened in 2011 either with allergies, from mild to severe, and varying respiratory conditions, including asthma and COPD.

The Salt Cave has two treatment rooms, one is a family-friendly play room, ideal for younger kids who don't even realise they are being treated and the other is for adults who find it not only relieves their conditions but also that it helps to reduce stress levels, increases relaxation and improves general wellbeing.

Salt Therapy, also known as Halotherapy, which dates back to ancient Greek times, is a 100% natural, drug-free treatment in a controlled air environment that simulates the natural salt cave microclimate to treat respiratory and skin conditions.

It was researched extensively in 1843 by Polish doctor, Felix Bochkovski, who became the first person to discover the environment inside salt mines had a therapeutic effect on respiratory disease and also found salt mine workers didn't seem to suffer from the same respiratory problems as the general population.

Since then and more so over the last 30 years, salt therapy has become commonly used as a recognised treatment worldwide with clinics in America, Australia, Singapore, South Africa, and India. In some countries, including Eastern Europe and

Russia people can now claim the treatment on their health insurance and in England the treatment is now available for COPD sufferers through the NHS Personal Health Budget programme.

Pete Flynn, owner, said: "We have many clients who visit us regularly who have a variety of conditions including mild to severe allergies.

"We are delighted to be able to help those clients with a drug free solution by focusing on the source of the problem and not just supressing the symptoms, however we always stipulate salt therapy shouldn't be used instead of prescribed medicines."

Ros Hughes, who is a trained Relaxation Therapist, said: "I've been going to the Salt Cave for almost three years now and it works really well for me as I suffer from allergies to pet and dust mites, hay fever and mild asthma.

"I used to visit once a week but now I feel that due to the resistance I've built up through the salt treatment I only really need to visit once a month now.

"Salt therapy really has given me a new lease of life – I feel re-energised, much more relaxed and able to breathe more easily.

"I no longer catch virus' like colds and tonsillitis every six weeks like I used to.

"It has definitely boosted my immune system resulting in less allergies and therefore less susceptible to infection, not only through the salt therapy but I imagine through relaxation therapy too.

"I no longer constantly have a runny nose from allergies either – I used to wake up sniffly every single morning, now it's only on the very odd occasion.

"The chance to relax and have some time and space to myself is

an added bonus, I couldn't recommend it highly enough to people with breathing or skin conditions."

[The Salt Cave Edinburgh](#), is located at Marionville Rd, Meadowbank.