



# SALT PIPE (INHALER)

## HOW DO I CLEAN MY SALT PIPE?

Give your Salt Pipe a good clean with warm/hot water. Once clean, it's important to completely dry it out. This can be done by leaving it in a sunny spot for a few days or using a hair-dryer to dry it quickly. As salt naturally attracts moisture, it's important to store your pipe in a dry environment away from contaminants (body sprays etc).

When dry, simply fill with salt, insert plug and you're ready to inhale!

## HOW DO I USE MY SALT PIPE?

It's recommended to use 15-20 minutes daily. This can be in one sitting or broken up throughout the day. It's important to take a deep breath in with your mouth over the pipe's opening and then breathe out through your nose. If this isn't possible (due to sinus problems), remove your mouth from the pipe and breathe out. Do not breathe out into the pipe as this will cause moisture to dissolve your salt.

For more information on the benefits of Halotherapy, visit the blog -

[www.melaniesholistichealing.wordpress.com/2015/06/30/halotherapy-salt-therapy-what-how-where-when-who](http://www.melaniesholistichealing.wordpress.com/2015/06/30/halotherapy-salt-therapy-what-how-where-when-who)



## WHAT ARE THE BENEFITS?

Being 100% drug free, this holistic form of respiratory therapy has been known to assist with the following conditions:-

- Asthma
- Allergies, Hay Fever & Sinus Problems
- Chest Infections, Bronchitis & Pneumonia
- Persistent Coughs
- COPD
- Emphysema
- Cystic Fibrosis
- Breathing difficulties
- Common Cold
- Upper & Lower Respiratory tract infections
- Irritations caused by pollution & smoking



[www.melaniesholistichealing.com](http://www.melaniesholistichealing.com)  
[info@melaniesholistichealing.com](mailto:info@melaniesholistichealing.com)  
0416258168

Each Salt Pipe comes with a 250g bag of Himalayan Salt



*Disclaimer: Melanie's Holistic Healing makes every effort to provide accurate information. Customers should evaluate the findings for accuracy and up to date information themselves. Before attempting to use a Salt Pipe (Inhaler), customer should consult with a qualified medical practitioner, especially if you are pregnant, nursing or have a medical condition. Melanie's Holistic Healing cannot guarantee and assumes no legal liability or responsibility for the accuracy, up to date relevance or interpretation of the information contained within this leaflet or its personal use. Melanie's Holistic Healing does not advise, diagnose or treat medical conditions. This information is not intended to be a substitute for professional medical advice, diagnosis or treatment.*