



## **Eczema, Dermatitis, Psoriasis & Acne**

**Dermatitis (also known as eczema) is a condition that results in inflammation of the skin due to irritants. It is characterized by itchiness, red skin, and a rash.**

**Psoriasis is a condition in which skin cells build up and form scaly, dry patches. It is often a long-lasting (chronic) condition that usually involves periods with little or mild symptoms, followed by periods when symptoms are more severe.**

**Acne is a common skin condition that affects most people at some point. It causes spots, oily skin and sometimes skin that's hot or painful to touch**

\*FDA has not evaluated the statements made on this educational card. Statements made are not intended to diagnose, treat, cure or prevent any disease

## Halotherapy Benefits to Skin Conditions



Sodium chloride particles have a beneficial influence not only on the respiratory system, but skin and hairs as well, providing healing and cosmetic effect.

Salt particles deposited on the skin during halotherapy increases activity of skin cell ion channels and activates electrophysiological activity that determines skin protective properties.

Bacteriostatic antiedematous and anti-inflammatory effect of dry sodium chloride microparticles was confirmed. These microparticles help with pH normalization and induction of derma repair, increases in skin rigidity, stimulation of growth and skin health.

Halotherapy also helps with skin microcirculation. Increasing of permeability and electrophysiological activity of the cellular membrane.

Depending on the severity, number of sessions are customized. Session length is 20-45 minutes. Frequency is generally 3-4 sessions per week to start and can be decreased based on client's responsiveness for ongoing maintenance and treatment.

