



Sinuses / Sinusitis

Sinusitis, also known as a sinus infection or rhinosinusitis, is inflammation of the sinuses resulting in symptoms. Common signs and symptoms include thick nasal mucus, a plugged nose, and pain in the face.

Other signs and symptoms may include fever, headaches, poor sense of smell, sore throat, and cough. The cough is often worse at night. Serious complications are rare.

Sinusitis can be caused by infection, allergies, air pollution, or structural problems in the nose.[]

Halotherapy is a holistic, drug free, natural therapy and promotes better breathing, healthier skin, sounder sleep, improved physical fitness and overall wellness.

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

Urbanfloat
Floatation Therapy



Halotherapy Benefits

Acute sinusitis causes the cavities around the nasal passages (sinuses) to become inflamed and swollen. This can make it difficult to breathe through your nose and can cause pain around the face and neck, including headaches and sometimes dizziness.

Halotherapy has natural anti-histamine and anti-inflammatory properties that reduce symptoms and relieve inflammation of the mucousa and congestion in the sinus area. The anti-bacterial properties aid in killing infection and with salts super absorbancy, brings moisture to congestion, helping it to thin out and drain from the sinus area, aiding in pressure reduction.

ARE THERE ANY SIDE EFFECTS?

Normally there are no negative side effects. Some people might experience a scratchy throat or a tickle in their sinuses. Others who might be slightly more sensitive could experience a minor skin irritation, which tends to go away after a session or two. For those who experience a slight cough, this is a sign that the salt therapy is effectively working. The body is loosening and releasing all the mucous build-up.

You should always consult your doctor before trying any new treatment or alternative therapy.



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