

The Salt Cure

BY JOELLA CAIN

The fastest growing natural health alternative for anyone suffering from respiratory ailments, sinus and allergy problems is the Salt Cure, commonly known as dry salt therapy, also called Halotherapy. It is an ancient remedy discovered by miners who spend long periods of time in salt caves around the world, especially in Europe. However, you do not have to climb into a cave to get this treatment!

Kaffee Keldie, owner and Aesthetician at Kaffee's Garden Spa, offers the authentic dry salt treatment in her Spa in West Palm Beach. The specially designed room has a beautiful back lit and serene Himalayan salt wall and a state of the art Halogenerator that dispenses therapeutic pharmaceutical grade salt into the room which is inhaled as you relax. Because the benefits are accumulative, Kaffee recommends starting by taking three treatments within a week's time. After that, depending on the individual, a program can be designed for maintainance. Many find once a week is sufficient or when the symptoms reoccur.

The inhaled salt reduces inflammation, widens the air passages, eliminate toxins and allergens and strengthens the immune system. Also, the dry salt has a healing and regenerating effect on our skin by balancing the pH factor, improving the micro circulation and acting as a wound healer.

The "Ultimate Salt" treatment adds a 45 minute body massage along with the salt cure. I believe you should do this type of treatment first and follow up with the other two regular salt cures. It is relaxing and beneficial all at the same time. When you enter the salt room you will either sit in a zero gravity chair or lie on a massage table to breathe in the dry salt that is permeating the room. You spend an hour in this location and I swear after the first treatment you can tell the difference in your breathing.

A dry salt session for 45 minutes is \$45.00. If you

want a massage with it the total cost is \$95. Three sessions is only \$105.00 and Kaffee recommends this package for best results.

Now, Kaffee's is a full service salon which offers a innumerable treatments including hair by Paul. Everything from customized skin care treatments including a myriad of different facials to LED Therapy,

Hydro wraps, body polishing, and body wraps.

Body massage, which adds stone therapy, reflexology foot massage, and Aromatherapy treatments, can all be enjoyed at Kaffees Garden Spa.

There are Natural Nail Care which includes every manicure and pedicure you can think of plus the extras which are Paraffin treatments for hands and fet and Deluxe Spa Manicure and Pedicure.

Never forget the Body Waxing which Kaffee offers. Everything from brow to Brazilian Bikini waxing. Arms, back, legs, arch, total body.

And, not to be outdone by world- wide spas, Kaffee has great Garden Spa Packages . For example, Garden Bliss is one such package that includes body massage, facial and pedicure.....3 hours for only \$220.00.

You can have a spa lunch for only \$18.00 or have your hair blown dry or styled after any treatment.

Boutique and gift certificates round out the spa experience at Kaffee's Garden Spa right in the West Palm Beach area one block south of Southern off of Dixie.

