



Halotherapy Treatment Guide

This is only a guide and may differ for each individual based on specific conditions & symptoms

	Sessions per week	No. of weeks	Total # of sessions	Treatments per year
Bronchial Asthma	4	5	20	1 to 2
COPD	4	5	20	2 to 4
Cystic Fibrosis	4	5	20	5 to 7
Seasonal Allergies	3-5	4	12-20	before hay fever season
Cold/Flu	2	3	6	With disappearing of acute symptoms
Sinusitis	2-3	3	6-9	With disappearing of acute symptoms
Laryngitis	2-3	3	6-9	With disappearing of acute symptoms
Stress/ Anxiety	1-3	As required	Varies	As required
Eczema/Psoriasis	4	5-8	20-32	With disappearing of acute symptoms

- For general respiratory hygiene: 1-2 sessions/week can enhance the lung capacity, boost the immune system, reduce stress, and aid better sleep.

- More chronic and acute respiratory conditions require increased frequency and consistency of the sessions: 3-7 sessions/week for 2-3 weeks can help to manage the symptoms and provide relief over time.