
***Book in today by
calling***

1300 309 599

Session Options

\$30 = 45 minute session

***Book 10 sessions and
get 2 sessions FREE***

***3 month unlimited
access membership***



Opening Hours

Monday: 9-5pm

Tuesday: 9-5pm

Wednesday: 9-5pm

Thursday: 9-5pm

Friday: 9-5pm

Saturday: Closed

Sunday: Closed

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**All Round Health
and Community Care**

**71 Murray St
Hobart Tasmania 7000**



Salt Therapy



**ALL ROUND
HEALTH
AND
COMMUNITY
CARE**

What is Salt Therapy?



Salt therapy treatment uses dry sodium chloride to enhance one's health.

Salt particles are dispersed into the air and breathed into the lungs, in a calm and relaxing environment.

This provides an array of health benefits, including reducing the symptoms of:

- Dermatitis
- Asthma, Bronchitis, Emphysema
- Eczema
- Tonsillitis
- Hay Fever
- Stress
- Inflammation and irritation

As well as improving overall immunity and a sense of wellbeing

A Short History

The benefits of salt therapy were first noted by Dr Boczkowski in 1843, who noticed that workers of a salt mine in Poland did not suffer from common respiratory problems.

During World War II, Dr Hermann noted that those with pulmonary and respiratory conditions had significantly improved health after hiding from bombs in the Kluterthöhle cave.

Coughing was reduced and the individuals could breathe with greater ease. Since then the Kluterthöhle cave has been used for salt therapy.

Salt therapy reconstructs the climate of the salt caves to produce the same health benefits.

About Us



All Round Health and Community Care aims to provide comprehensive healthcare, enlisting in a range of qualified health professionals and services.

We strive to provide all rounded, affordable and quality care and enhance the overall wellbeing of our clients.

We aim to improve mental, emotional and physical health by employing practices such as medical services, psychological services, counselling, management of chronic conditions and more.



Salt Therapy room at All Round Health and Community Care