

MULTIPLE THERAPIES

THERMOTHERAPY

by releasing heat (or cold) to the covered tissues and joints. The heat (cold) is retained for an extended time because of the thermal properties of the salt.

PHYTOTHERAPY.

A healing herbal atmosphere. The herbal mixture is based on the latest scientific knowledge in herbal medicine (phytotherapy and farmaco-botany)

HALOTHERAPY

An increased salt content of the air. A high salt content of the air is well known as a therapy for respiratory problems like in the salt rooms, salt mines, and the sea-side.

COLOR THERAPY

The colors of the fabric a deep Bordeaux red and black are chosen to support the function of the herbs. The cover of the pad is made of pure cotton.

INSTRUCTIONS FOR USE.

Heat up in the oven in an oven at 200°C (400°F) for 12 - 20 minutes or in a microwave for 1 to 2 minutes. Change in small steps (e.g. 20 seconds) if a higher/lower temperature is desired. Or put into the freezer for 1-2 hours at minus 18-20°C or for a more moderate effect in the fridge for 2-3 hours. TEST the temperature with the palm of your hand BEFORE USE.

STORAGE

STORE DRY ! The pad will last longest if kept in a closed plastic bag in a cool DRY place. If very dry use a light water misting on the outside. Clean the outside with a brush or if needed with a moist cloth. Will last for a long time when used and stored properly.

SAFETY WARNING.

DO NOT OPEN. All ingredients are natural and unprocessed. NOT meant for consumption only for external use.

TIPS

- During a massage session it creates a strong feeling of wellbeing when the warm pad is placed in the neck of the client.
- The pad is often used during normal daily work and is especially effective for neck and shoulder complaints caused by long hours of sitting work and looking at monitor screens. Wearing it on the shoulders does not hamper the normal order of events at the workplace.
- The shape of the pad is specially tailored to the body form of the neck and shoulders. It can equally well be applied to any other part of the body like; joints in case of over stretching, the abdomen in case of digestive problems or female complaints, the lower back to relieve lumbago, or to the muscles to recover quickly from muscle pain. (myalgia)
- The pad is also very helpful in reducing the effects of and curing of a cold or flu. Applied to the breast and/or throat the salt air and the herbs support the bodied immune system to recover quickly.
- For body parts that are very warm (fever, swelling) the thermotherapy with the pad using it cold is helpful in reducing the temperature and swelling. For this purpose the pad is placed in the freezer or fridge. In this way it will reduce the pain and the swelling caused by insect bites or injured or inflamed joints.
- Users frequently report on the very positive effect of the pad to lessen or impede headaches.

INDICATIONS

- ✓ Relaxing
- ✓ Headaches
- ✓ Neck and shoulder pains
- ✓ Problems getting asleep
- ✓ Rheumatism and arthritis
- ✓ Nervous disorders
- ✓ Muscle ache
- ✓ Fevers and inflammations
- ✓ Muscle cramps
- ✓ Fatigue

The pads are hand-made in a remote Transylvanian village by women giving them some rare cash income. They get a better pay then usual in the area



HERB

Transylvanian salt
Hyssop herb
Sage leaves
Lavender flowers
Thyme leaves
Savory herb
Rosemary leaves
Catnip leaves
Wild mint leaves
Coriander seeds
Chamomile flowers

FUNCTION

Flu, bronchitis, asthma, general halotherapy
Reducing transpiration, convulsions and swelling. Wound healing.
Aphrodisiac, stimulating, anti-depressant.
Antiseptic, calming, helps against asthma and bronchitis.
Good for recuperation, gal secretion, monthly period, wound healing.
Antiseptic, convalescing, digestion improving.
Aphrodisiac, supports blood circulation, blood pressure and memory.
Sedative, helps getting asleep
Pain relieving, reduces abdominal bloating.
Fights fatigue, relieving cramps and dizziness.
Supports recovery of influenza, reduces headache and menstruation pains.

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