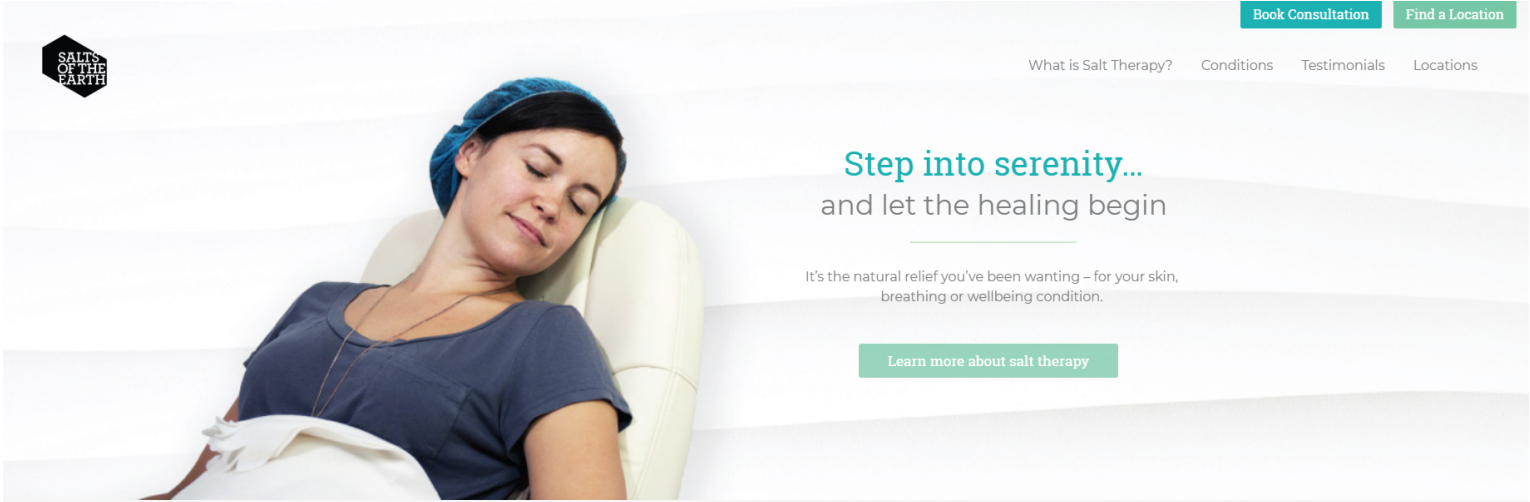




Book Consultation

Find a Location

What is Salt Therapy? Conditions Testimonials Locations











## Step into serenity... and let the healing begin

It's the natural relief you've been wanting – for your skin, breathing or wellbeing condition.

[Learn more about salt therapy](#)

Salts of the Earth is the largest network of salt therapy centres in Australia. Salt therapy is a natural remedy to help soothe a long list of skin, respiratory and lifestyle conditions. Our purpose is to make salt therapy accessible to as many people as possible.

### Do you need relief for...

 <p><b>Sleep &amp; snoring?</b></p> <p>We could all do with a better night's sleep. Discover how salt therapy can stimulate a deeper slumber.</p> <p><a href="#">I'm curious</a></p>	 <p><b>Eczema?</b></p> <p>Soothe your sore and itchy skin with salt therapy. Many of our customers report results within weeks.</p> <p><a href="#">Sounds great</a></p>	 <p><b>Asthma?</b></p> <p>Do you suffer from persistent, agonising asthma? Salt therapy may help you manage your symptoms and provide relief.</p> <p><a href="#">Is that possible?</a></p>	 <p><b>Cold &amp; flu?</b></p> <p>Beat your cold or flu with a visit to one of our salt rooms. It can clear your airways of mucus, allergens and other substances.</p> <p><a href="#">Tell me more</a></p>
 <p><b>Hay fever?</b></p> <p>Say goodbye to allergies and irritation. And say hello to relief – after breathing in one of our calming salt rooms.</p> <p><a href="#">That's fascinating</a></p>	 <p><b>Sinusitis?</b></p> <p>Find blissful relief for your sinusitis with salt therapy. Our salt rooms help alleviate painful, blocked sinuses.</p> <p><a href="#">Wow, show me</a></p>	 <p><b>Stress &amp; anxiety?</b></p> <p>Sit quietly with your thoughts and focus on your breathing – in our calming, comfortable massage chairs.</p> <p><a href="#">I'm interested</a></p>	 <p><b>Sports performance?</b></p> <p>Looking to improve your body's recovery and performance? Discover why some of the best athlete's use salt therapy.</p> <p><a href="#">I'm intrigued</a></p>

### Thousands of Australians are finding relief with Salt Therapy



'For the first time in my adult life I could breathe without shortness or the asthmatic wheeze.'

Shaun's story



'I haven't had a sinus infection since starting'

Amy's story



'As for my daughter, I saw definite improvement in her colds, especially when 'bugs' are rampant at school'

Marghi's story



**facebook**  
★★★★★  
720+ Reviews, 4.9 stars

**Google**  
★★★★★  
163+ Reviews, 4.8 stars





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Herald Sun

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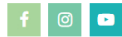


BAZAAR

Ready to discover salt therapy?

[Book a free consultation](#)

[Find a location](#)



#### Conditions

- Asthma
- Eczema & Psoriasis
- Hay Fever
- Sinusitis
- Cold & Flu
- Sleep & Snoring
- Stress & Anxiety
- Sports Performance

#### Salt therapy

- What is Salt Therapy?
- History of Salt Therapy
- Testimonials
- Locations
- Book a Consultation
- Blog

#### Links

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