

Himalayan Salt Crystal Cave



One of its
kind in India

Now in
Mysuru

**A Preventive Therapy Center for Allergy,
Respiratory Ailments, Skin Diseases and for Enhancing Wellness**

A photograph of a forest with sunlight filtering through tall trees and moss-covered rocks. The sun is low in the sky, creating a warm, golden glow. The trees are tall and thin, and the ground is covered in green moss and small plants. The overall atmosphere is peaceful and natural.

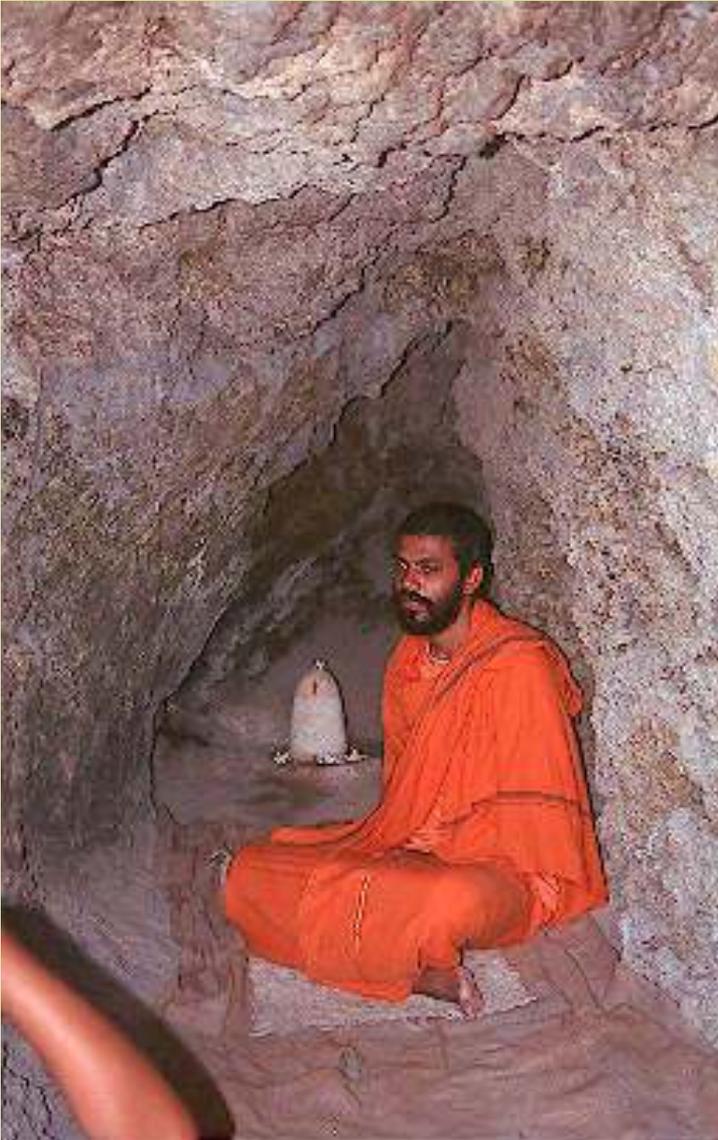
come **feel** the embrace of
mother **nature...**

Himalayas



Himalayas literally mean “Abode of Snow”. The Himalayan range of mountains is home to nine of the ten highest peaks on Earth, including the highest, Mount Everest. The Himalayas have shaped the cultures of South Asian countries and are sacred to Hindus and Buddhists. It is the home to Lord Shiva. Every bit of the Himalayas is sacred to Indians.

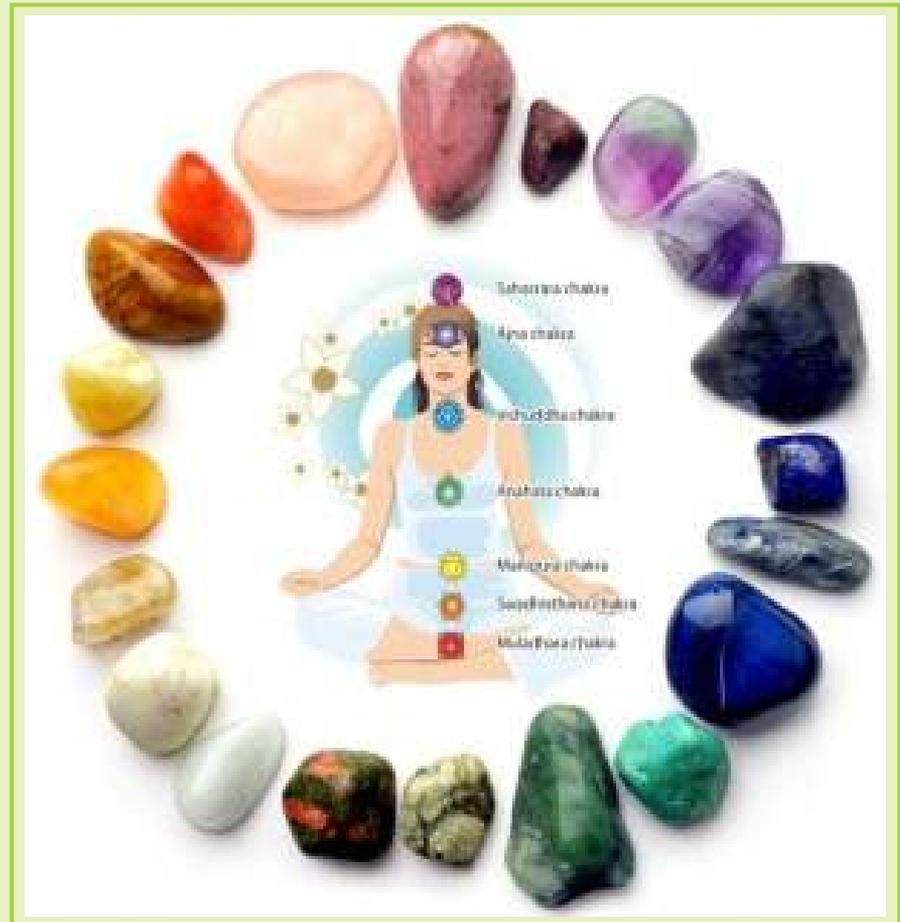
Cave – a powerful place for Sadhana



The ancient rishis and seers of India lived in the caves of Himalayas and did rigorous Tapascharya. The temperature is quite even in caves. Caves are very cooling. The heat of scorching summer cannot penetrate inside the cave. It is quite warm in winter. All external sounds are shut out in a cave. You can have very beautiful, uninterrupted meditation.

Crystals

Crystals derive their power from the way they are created. Millions of years ago, superheated gases and mineral solutions were forced upwards from the earth's core towards the surface. Crystals are born through extreme heat and pressure as the earth solidifies. As the crystal solidifies, it embodies a unique energy from the earth as if that energy has been frozen in time. Each crystal emits an energy frequency and has its own unique vibration which can be used to correct vibration imbalances in each or all of our energy centers and bodies. This makes them extremely powerful tools for meditation and healing.



Salt

Salt is an important component of the human diet. The human body contains many salts, of which sodium chloride is the major one, making up around 0.4 per cent of the body's weight at a concentration equivalent to that in seawater. Without salt, our bodies become chemically imbalanced; muscles and nervous system cease to function and leads to eventual death. Pure Natural Salt is critical for maintaining and triggering critical life processes.



Pure Natural Salt has the following beneficial properties:

- ◆ Promotes insulin sensitivity
- ◆ Is a natural antihistamine
- ◆ Aids towards good digestion
- ◆ Improves metabolism
- ◆ Supports thyroid function
- ◆ Reduces stress hormones
- ◆ Maintains overall hormone balance
- ◆ Is Antibacterial
- ◆ Is Anti-inflammatory
- ◆ Has Mucolytic effects
- ◆ Removes pathogen agents (airborne pollen)
- ◆ Reduces immune system oversensitivity

Himalayan Crystal Salt

Himalayan Crystal Salt is the purest form of salt in the world! A natural product found in the depths of the Himalayas, it has the highest bio-energetic quality without any additives. Himalayan salt has been in the earth for over 250 million years and is toxin free. Containing all natural minerals that are vital to the human body, it's safe and more beneficial than any other salt. To preserve purity, Himalayan crystal salt is hand-collected in the mountains, broken down by hand using stones, and packaged in organic cotton bags.

People could benefit from supplementing their daily intake and dietary needs with a bit of pink salt. Himalayan salt contains 84 minerals, electrolytes and elements. For this reason, adding more Himalayan salt to your diet can help rectify virtually any mineral deficiency you might have. Significantly, Himalayan salt also contains iodine, magnesium, zinc, iron and calcium.



Discovery of Himalayan Salt

The Khewra Salt Mine is also known as Mayo Salt Mine, in honour of Lord Mayo, who visited it as Viceroy of India.

The mine is a part of a salt range that originated about 800 million years ago, when evaporation of a shallow sea followed by geological movement formed a salt range that stretched for about 300 kilometers (185 miles).

The salt reserves at Khewra were discovered when Alexander the Great crossed the Jhelum and Mianwali region during his Indian campaign. The mine was discovered, however, not by Alexander, nor by his allies, but by his army's horses, when they were found



The Khewra Salt Mine is the world's second largest. It is a major tourist attraction, drawing up to 250,000 visitors a year.



It has a beautiful mosque that has been built inside the salt mines. The mosque is made up of Salt Rocks.

History of Salt Caves

In 1843, Polish physician Felix Boczkowski discovered that men working in the salt mines at Wieliczka suffered fewer respiratory problems than the general population. He published his findings in “About the Breathing of Salt Dust,” the first of many studies on the effects of breathing salt air.

Modern use of salt therapy (halotherapy) started in Germany when Dr. Karl Herman Spannage noticed improvement in health of his patients after they hid in local salt caves to escape heavy bombing during World War II.

Since then, many European Spas and medical clinics have incorporated halotherapy in their practices. Himalayan salt caves are found in Poland, Pakistan, Eustonia and Germany.





Salt Cave - The New Generation Spa

Salt cave is a man-made space that mimics the natural salt mines used for treatment, prevention, recovery and rehabilitation. The atmosphere inside the salt cave contributes to rest & rehabilitation.

The unusual topography of the walls, covered with tons of salt rocks, softly illuminated by hidden lights, healing music – all these are required for a Halo therapy session.

Himalayan SaltCrystal Cave

Salt caves are considered to be second generation spas. Salt caves significantly contribute to rejuvenation, prevention of several illnesses and strengthening the immune system.

Salt cave treatment is comprised of a cave-like setting in which one is completely surrounded by a sterile salt-surfaced room. The treatment room is completely saturated – from the floor to the ceiling and walls – with health-inducing natural mineral salts.

Salt crystal stones produce air that is saturated with negative ions, which are crucial for a healthy body and bring joy and love into our hearts and lives.

The therapy is considered as one of the most effective solutions to various respiratory illnesses such as Bronchitis, Sinusitis, Asthma, Hay-fever, Pneumonia, wheezing, cold or cough.



Benefits (of Simply Doing Nothing)

Himalayan SaltCrystal Cave has been credited with a range of curative powers, from air purification to migraine relief to protection against airborne germs. Spending 45 minutes in the Salt Cave is equivalent to 4 days exposure to theSea Aura.



The Scientific Studies conducted in Greece, USA and other countries show that Salt Cave environment rich in salt ions helps:

- ◆ De-Stressing
- ◆ Respiratory system
- ◆ Neurological system
- ◆ Dermatological issues
- ◆ Hypothyroidism
- ◆ Allergies
- ◆ Reduction of smoking
- ◆ Gastric system
- ◆ Arterial and Cardiac system
- ◆ Immune system
- ◆ Metabolism disorders
- ◆ Rheumatism, arthritis, skeletal pains
- ◆ Body weight control

Scientific studies prove the Human Benefits

Air Quality and Consistency Studies of Changeland's Salt Caves

“Scientific results prove that 45 minutes inside a Changeland Salt Cave equal to several days at the Sea with multiple health benefits”.

Chemical Laboratories S. Andreou, Technical report, 28/12/2012 & 29/7/2013:

“Measurements of the air inside **Changeland Salt Cave** were compared with similar measurements of the sea air. The air inside the Changeland Salt Caves is:

- **76 times richer in Na and Salt (NaCl)** and
- **contains K and Mg** (not present in sea air).”



Comparative measurements in $\mu\text{g}/\text{Nm}^3$	Air of Crystalotherapy Salt Cave	Sea Air
Salt (NaCl)	217	11,3
Sodium (Na)	85,5	4,4
Potassium (K)	16,2	0
Magnesium (Mg)	4	0

In the following slides you can see the certifications and scientific studies of Salt Caves and examples of the certified salt caves installed in different countries.

DURATION OF SALT THERAPY TREATMENT

Salt therapy is most prevalent in Russia and Eastern Europe, where doctors have routinely prescribed it for over a decade. While every session is beneficial, multiple sessions allow most people to experience a period of remission from their conditions.

Below is a list of conditions and the suggested number of consecutive sessions, as used in Russian clinics and health spas. These numbers should not be treated as prescribed medical standards, but rather as suggested guidelines for treatment based on research (see citation below), Visitors to the Salt Cave should be attentive to their own unique needs/conditions and make decisions about treatment based on the way their bodies respond.

SOURCE :

Ministry of Public Health of the Russian Federation. Halotherapy Application in Treatment and Rehabilitation of Respiratory Diseases. Methodical Recommendation No. 95/11, Moscow 1995

Methodical recommendation was discussed and approved by the Scientific Board of the Institute of Pulmonology of the Russian Federation.

Clinical Research Respiratory Center, St. Petersburg - Doctors A.V. Chervinskaya, S.I. Konovalov, O.V. Strashnova, N.G. Samsonova

Institute of Pulmonology of the Russian Federation, Moscow - Doctors A.G. Chchalin, I.D. Apulcina, I.E. Furman, A.A. Bondarenko, M.V. Samsonova

Asthma – intermittent, mild	12-14
Asthma – moderate, severe	18-21
Acute bronchitis	12-14
Recurrent bronchitis	12-14
Chronic obstructive bronchitis	18-21
Pneumonia after acute stage	12-14
Bronchiectatic disease	20-25
Cystic fibrosis	20-25
Respiratory infections, influenza	5-7 or 2x/wk for prevention
Vasomotor and allergic rhinitis, rhinosinusopathy	14-18
Chronic pharyngitis and tonsillitis	14-18
Adenoiditis	14-18
Chronic sinusitis	14-18
Acute sinusitis	3-5
Clearing after pulmonary tuberculosis	14-18
Hay fever	12-14
Multi-chemical sensitivity syndrome	12-14
Smokers	12-14
After contact with industrial and household pollutants	12-14
Skin pathology	8-25



Salt Lamps

Salt lamps are simply large pieces of pure Himalayan Salt with a small bulb inside. They can be solid pieces of salt or decorative baskets filled with large crystals of salt.

Salt lamps are natural negative ion generators. At any given time, there are both positive and negative ions in the air. As a flashback to freshman science:

“An ion is an atom or molecule in which the total number of electrons is not equal to the total number of protons, giving the atom a net positive or negative electrical charge.”

Negative ions occur more often in nature and they are often created by things like lightning storms, sunlight, waterfalls, and ocean waves. This is one of the reasons people often report feeling renewed or refreshed after a storm or at the beach.

Positive ions are often created by electronic devices like computers, TVs, microwaves, and even vacuum cleaners and can often exacerbate problems like allergies, stress and sleep trouble. Negative ions can neutralize positive ions (they bond together) and help cleanse the air.

The unique combination of salt and a light source in salt lamps are what cause the negative ions. Salt is hygroscopic, meaning that it attracts water to its surface and this water evaporates quickly due to the small amount of heat from the light source (this is also why salt lamps tend to sweat and appear wet in humid climates). The negative ions are generated during the evaporation process.

Since things like airborne mold, bacteria, and allergens often carry a positive charge, they can be neutralized by negative ions.



World Famous Salt Caves



Leonardo's The Last Supper, carved into rock-salt wall The Wieliczka Salt Mine - Poland



Khewra Salt Mine tunnel (Crystal Valley), Pakistan



Salt grotto' in West London



Salt Cave, Santa Barbara.

Esteemed Guests in our Himalayan SaltCrystal Cave



Swami Chidrupananda Saraswathi,
Arsha Vidya Kendra



Dr. Dharmasthala Veerendra Heggade,
Dharmadhikari of Shri Kshethra Dharmasthala



Sri M, Satsangh Foundation (Photo Attached)



Swami Sukhabodhananda, Author of 'O Mind Relax please'



Prof. Shivaram Malavally with his parents



Dr. Subramaniam, Scientist



Dr. Narasimhaswamy Sidda Vaidya, Mysore



Mr. Ravi.C, IT Consultant



Dr. T.M.Srinivasan, Scientist (Photo Attached)



Dr. Krishna Madappa, Scientist from US



Ms. Nimmoo Kinger, Writer, Healer



Foreigners enjoying salt cave



Group of Students- from Mumbai



Group of Students- from Mumbai



Group of VIPs



Group of Naturopaths

Testimonials

"Very relaxing experience. The ambience is perfect for meditation. The best concept towards wellness."

**Dr. Poornima K. Murthy,
Dr. N. V. Krishnamuthy,**
Director, Prajna Kuteera, Mysore



"Have had a blissful time. Energy works. Thank you for giving Himalayan experience at our door steps in Mysore."

Mr. Achutha Bachalli,
MD, Unilog, Mysore



"It is indeed an experience of a life time. An atmosphere of healing and curing, enhancing the meditative status and bringing calmness at the cellular level. Thanks Mr. Pai for bringing the Himalayan experiment to Mysore."

Prof. Shivaram Mallavalli



"A unique technology and a new concept which will create awesome preventive health aspects in the society."

Dr. Shiva Prasad



"It is indeed great to be in the salt room experiencing peace, tranquility and soothing touch of the salt rock and it's amazing beauty. We congratulate Mr. Pai for this innovative attempt at creating such a wellness unit. May Lord bless him is our earnest prayer."

Swami Muktidanandaji,
Ramakrishna Ashram, Mysore

"Very nice. Mind is calm and clean with a great atmosphere to go deep within oneself. Wishing you all the best. Om."

Swami Sukhabodhananda



"I experienced meditative state and felt wholly relaxed in just a few minutes. The tranquil feeling was very soothing, satisfying and pleasing. Would love to spend an hour a day in this place."

Dr. Avinash Kulkarni,
MD, Litex Elecls., Pune



"Simply Exquisite, Excellent, Rejuvenating, Wellness worthy."

Dr. Anil Sangli, Mysore



"Really an excellent way of promoting wellness by simultaneously reducing illness."

Mr. Sripad Sangli, Mysore



"A unique experience - energizing the body and soul is an experience which cannot be felt physically. I appreciate this effort of introducing the salt cave."

Sri Dharmadhikari Veerendra Heggade
Sri Dharmasthala Temple



"Pleased to have a very unique experience which opened up my mind, I now realize how less we know about ourselves."

Mr. S. V. Venkatesh,
M.D., RIIT, Mysore

"Quite an extraordinary experience - a sudden calming of mind and body, and a vibration that is very special. I can see the potential for this space that is quite unique."

Mr. Aroon Raman, B'lore



"Very innovative and extraordinary venture. Felt blessed inside the salt cave, gives total relaxation without any kind of prior preparation. Totally rejuvenative and regenerative."

Mr. P.S. Narasimha Swamy,
'Siddha' Physician



"It is a nice experience. It calms your nerves and rejuvenates your mind. It is a value addition to Mysore as a Health Care destination."

Mr. B.S.Sridhar Raj Urs



"Such a wonderful experience sitting in the Salt Room with the soft music playing and the subtle lights. I came with a frozen shoulder, and after 40 minutes, found that my shoulder is back to normal. Absolutely fine now!"

Mrs. Geetha Kuttappa, Mysore



"Great concept, amazing. We are totally relaxed. Effect of rocks, music, water is something unexplainable and unimaginable. Great experience."

Dr. Vasanth Kumar,
Professor & Sr. Consultant,
MBBS Wellness Centre, Mysore



"The feeling indeed is unexplainable; it is as if you are in the Himalayas at the feet of Lord Kaileshwara in a peaceful, environment. Truly incredible."

Prof. Uliyur V. Mani, Mysore



"Combination of Sound, Water and Light was amazing. Very relaxing and went into a deep meditative state easily."

Dr. Nandini Shekar



"It was an exhilarating experience to be in the rock salt cave. My experience was unique and out of the world."

Mr. S. K. Rajan



Very calming and relaxing experience. Felt extremely weightless certain times. Would love to experience more -- but may be in my next visit !!!

Ms. Shilpa Shah, Muscat, Oma



The salt cave is a wonderful gift to the people. It enhancing energies by clearing negative energy and helps people to became totally relaxing and spiritually awareness.

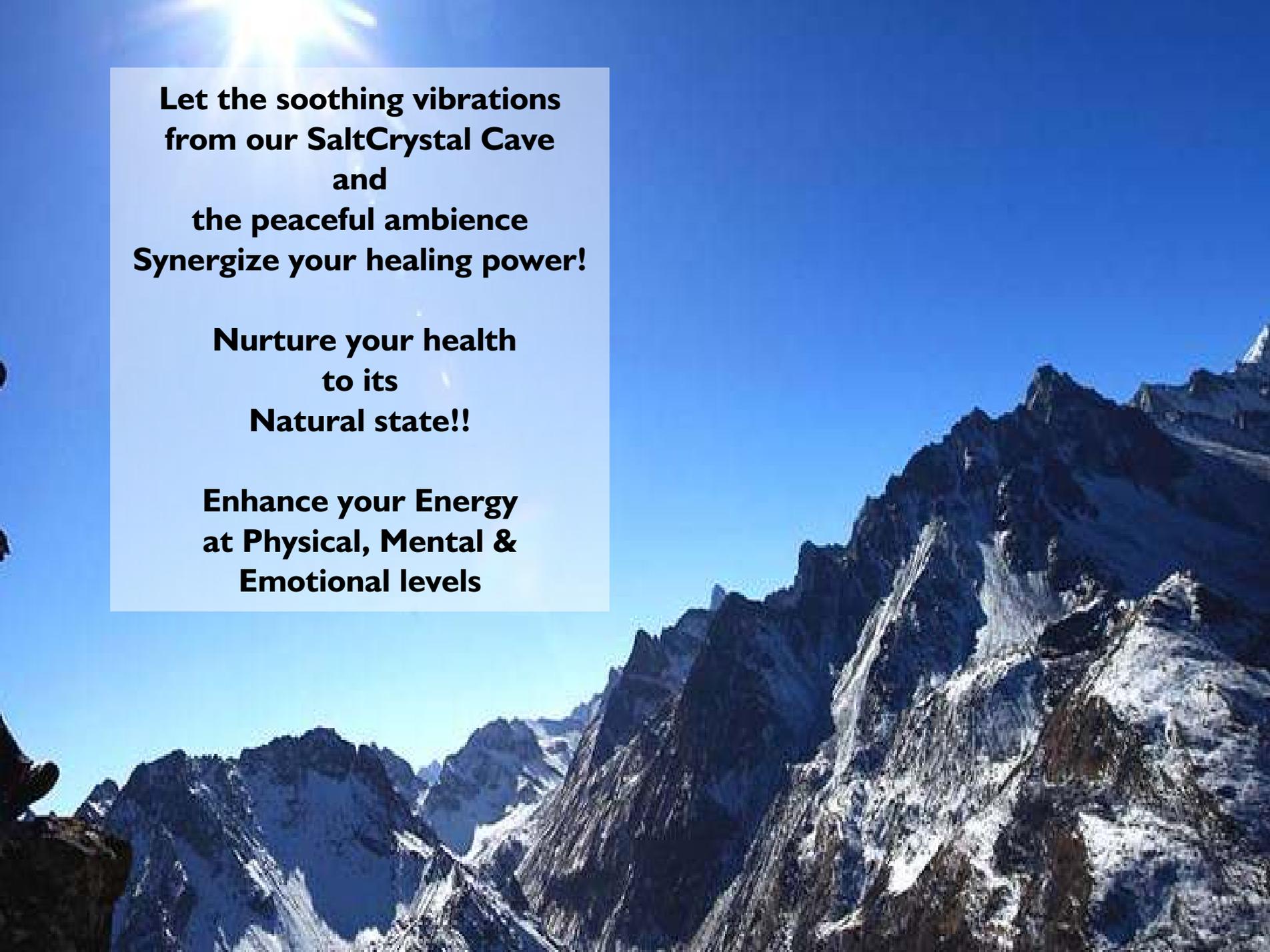
Mr. I. V. Reddy, Managing Trustee,
Pyramid Valley, Bangalore



In this 45 min.session I felt most of my body organic cells being charged to the maximum effect and I am filled with more of positive energy.

Mr. K. Madhusudan, Mediator





**Let the soothing vibrations
from our SaltCrystal Cave
and
the peaceful ambience
Synergize your healing power!**

**Nurture your health
to its
Natural state!!**

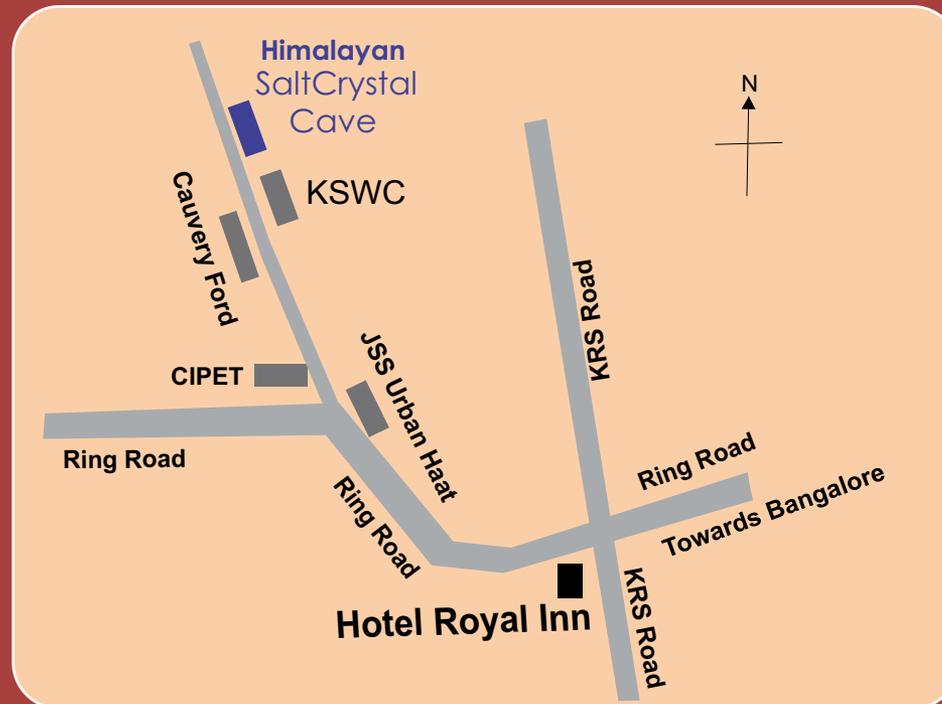
**Enhance your Energy
at Physical, Mental &
Emotional levels**

Himalayan SaltCrystal Cave

Now in Mysuru

For Consultations & Appointments

Call +91-821-2412284 Mobile : +91 7829555513
(Monday to Saturday) between 10 am and 5 pm.



A Wellness Wing of

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