



*Arlene's Salt Room at Mint Wellness is intimate and has a massage table for clients that want a reflexology session in the room, or you can have just the Halotherapy session. The room has a beautiful salt wall with lights, relaxing music, the climate-controlled Halo Generator, (medically certified from Lithuania) that disperses the dry salt air, a salt lamp for energy. The salt used is from Poland and is 100% pure pharmaceutical grade. Her room is located at 125 Stewart Blvd. in Brockville, On. She can be reached at 613-704-6468 [www.mintwellness.ca](http://www.mintwellness.ca) or [www.brockvillereflexology.com](http://www.brockvillereflexology.com)*

*Donna's Salt Room holds up to 8 chairs for groups or individuals/couples. a 6-sensor climate-controlled Halo-generator, salt lamps and relaxing music. Donna's salt is also from Poland and is 100% pure pharmaceutical grade. The Halo-Generator is from Poland and medically certified from there. You can find Donna at 4508 Susan Dr. Elizabethtown, On. (Tincap) She can be reached at 613-349-7258 [www.halotherapysaltspa.ca](http://www.halotherapysaltspa.ca)*

**Top: Arlene Laberge RCRT in Mint Wellness Salt Room giving Reflexology treatment to patient.**

**Bottom: Donna Carty (owner) - halotherapy Salt Spa - Tincap standing in reception area**

# BROCKVILLE'S SALT CAVES

By Jonathan Vickers

**S**alt Caves, in Brockville? Now I am as curious as they come and I thought I knew that in this area the only cave was the "Railway Tunnel" Brockville, but curiosity got the better of me. It seems that two enterprising female entrepreneurs: Donna Carty and Arlene Laberge RCRT have each opened Brockville's Newest Salt Rooms "Caves" in the area, which are known as Halotherapy Salt Spa's.

Donna Carty opened the area's first Halotherapy Salt Spa in Tincap last April (2018) and Arlene Laberge just recently opened her Salt Room Spa in the newly re-located Mint Wellness location at the Brockville Shopping Centre on Stewart Blvd.

For those who are not familiar with Salt Caves (Spa's) and Halotherapy, the wellness and health benefit originated as far back as the 12th century in the salt waters (mineral water) of Poland. Eastern Europe has long been familiar with this form of alternative medicine and its benefits of the dry salt air that help improve symptoms for individuals that suffer from various ailments, such as: Inflammation, Bronchial or Asthma complications, Allergies, Pneumonia, Sinus Infections, Snoring, Wheezing and many other respiratory or skin conditions.

The Halotherapy Salt Spa experience consists of a completely climate-controlled salt room that uses micro-particles of pure pharmaceutical salt dispersed into the air in a controlled environment.

I met with each owner and gathered some insight on why Halotherapy has now come to the immediate forefront of Holistic and Alternative Natural Way of Healing, for individuals with the ailments aforementioned.

I asked Donna why she started her business and what was the impetus in her desire to become involved with Halotherapy. "My daughter has a skin condition that just would not heal with prescribed medications (steroids) and it was leaving scars at a young age" she said sadly. "I was travelling to Ottawa for consults and I did research on my own and learned about Halotherapy and salt treatments" she added. "Over time with salt treatments, my daughters' condition has cleared up, and the scarring and rash has disappeared."

Donna then went on to explain with this improvement in her daughter's health, it gave her the idea to maybe bring Halotherapy to Brockville. She invested and took a chance on herself and opened her Spa. To this day her daughter will always have the skin condition, but the results have been amazing and as Donna indicated to me, her daughter now only uses the Spa occasionally for maintaining her condition. "I now have several client success stories for both skin and respiratory issues."

Arlene Laberge (RCRT) reason for starting up her Salt Room were somewhat similar. Moving to Brockville from B.C., where she

was a Certified Reflexologist since 2007 and had been involved with reflexology and holistic medicine for over 28 years.

Arlene's husband had been ill for over 6 years (2013) with a diagnosis of a rare interferon auto-anti body immune disorder that creates infections, pneumonia, and inflammation, so he decided to have Halotherapy sessions. Shortly thereafter, he found that the benefits of the sessions helped keep the infections down, the inflammation down, and greatly improved his quality of life.

Arlene believes "In today's society we need to get back to a natural way of healing and we (society) should not over estimate how much good we can do by going back to nature to feel grounded." She also pointed out earnestly, "People today are tired of Pharmaceuticals, pills, and medications that are not making them feel better. Individuals are considering alternatives, and a natural way to want to feel better, energetic and happier."

Both women believe pollutants and environmental issues from former and current factories are a big concern for respiratory and skin issues, anxiety and stress levels that cause people to look for medication to alleviate their problems, instead of a natural way to help find relief.

In today's world, relief from different ailments or health issues are now not just from pills or medications, we all should be open minded to try new and different options with the appropriate consult with your physician. **LH**