Recently, the Salt Therapy Association has received some interesting inquiries and questions regarding salt pipes and Himalayan Salt inhalers.

We have seen these devices being promoted and sold, some even at salt therapy facilities. Our general understanding of these devices is the following (To watch a Salt-Ed video on this topic by STA Founding Board Member Leo Tonkin, please CLICK HERE):

Himalayan salt crystals are placed at the bottom of the ceramic canister. This canister also has a screen acting as a barrier for the salt inside. You place your mouth on the opening and then quickly and deeply inhale by the mouth. This supposedly causes the Himalayan crystals to press against the screen to help break apart the salt crystals causing smaller dust particles to penetrate through the screen as you suck in the salty air.

These devices have advertising and marketing that make claims about allergies, asthma, sinus relief, etc. Some of these claims can be viewed as violations of the FDA, etc. The STA has made several statements regarding the efficacy of dry salt therapy/halotherapy and the many misconceptions of the Himalayan salt and holistic health world. The STA has not seen any evidence about these salt inhalers providing any benefits other than what so many of these types of marketing efforts employ tactics to have great reviews and testimonials given their business is predominantly online.

With regards to this device, the STA is concerned about the following:

- **Halotherapy is based on dry salt inhalation of pure grade sodium chloride, not Himalayan salt.** While food-grade Himalayan salt is great for digesting, there are some minerals and elements that are in Himalayan salt that are not water-soluble and, therefore, could remain in the respiratory system. Additionally, depending on the source and mining of the salt, **there could be dirt and debris embedded in the salt crystals, which is why all of the major halogenerator manufacturers only recommend 99.99% pure grade sodium chloride.**

- **Halotherapy is based on the grinding/cutting of pure grade sodium chloride into micron-size salt particles that penetrate deep into the respiratory system.** Commercial halogenerators provide under 5 microns with many medical device units creating sub microns as small as .3 microns. **The salt particle size produced by this device is not known.** Likewise, the STA has no information regarding what the salt concentration levels are in the air that you are inhaling.

- **There is a general concern about this device being in an open environment such as on your desk at your workspace, a counter in your bathroom, or nightstand in your home, since the indoor air we breathe is five times worse than the outdoor air.** In some environments you have humidity, so we are not sure what happens to the quality and nature of the salt crystals, especially with the salt remaining in this canister for a significant amount of time.

- **While it may provide some relief for people, it is not a replacement for, or to be compared to, halotherapy.**
While there are many other products on the market, **the STA will continue to provide educational information and research regarding innovations in salt therapy**. However, these salt inhalers are marketed by many people in the Himalayan salt lamp business. **Some of these companies have been selling Himalayan salt lamps by making false claims regarding negative ions, air purification, sinus and allergy relief, etc.** These so-called claims have led to a Federal Class Action lawsuit against a company for making such claims. The STA communicated this to its members and the potential consequences of marketing such products in the same manner. Salt lamps are really great lamps and the STA does want to discourage sales of these beautiful and natural elements, however, some people continue to make claims about them and based on real science from experts in physics, chemistry, and medical professionals, regardless of what the holistic and alternative health world may claim, the evidence is overwhelmingly contrary and disproves the claims, hence the Federal Class Action lawsuit.

A Himalayan salt inhaler may bring some benefit to people but given how it’s packaged and the uncertainty many aspects of this device, we urge caution to STA Facilities selling these and especially making any claims.

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