

Why Can Be Wet Salt Aerosol Used in Salt(y) Rooms or Cabins Dangerous?

1. A real maritime climate can not be created in salt(y) rooms or salt cabins. The aerosol particles directly above water and over the beaches are very small being in the range of 0.1 to 0.2 microns. Healing effects are gained on sea shores by long walks while inhaling the wet sea air. At the same time the scale of aerosol particles made by ultrasound/ionizator inhalator/aerosol-generators is 1 to 5 microns – so this is not sea air aerosol. These appliances mentioned create a thick water fog in a given room but this may cause problems or complications for some people.
2. Wet and warm environment is favourable for microbe proliferation and it may easily result in a mutual tainting of people visiting wet salt aerosole/salty rooms or cabins with living room temperature.
3. Mould fungi and legionella highly favour warm and wet environment. In many spa hospitals and hotels in Europe local health authorities have the wet salt aerosol/salty rooms and cabins closed after finding legionella and mould fungi in them.
4. A higher concentration of wet salt aerosol may cause lung complications. In a wet environment bronchospasm can appear triggering choking attacks.
5. If the operators of such rooms would use Dead Sea salt to make wet salt aerosol they should take into consideration that it has a high iodine and bromide content. This again can be dangerous for many people, especially for asthmatic and allergic patients. Dead Sea salt must be used only externally, in tubs (baths), mostly against skin diseases.
6. Complementary oxigenizing in turn is dangerous for the lungs and even the whole constitution. It may lead to its oxidation, to the disintegration of lipid cells in the cell membrane and to early aging in general. Oxygene can be used in medicine only with really serious cases and breathing deficiency. For healing it is not oxygene but antioxidants that are used.

/Compiled by Prof. Dr. Alina Chervinskaya, DSc./