

## SALT CAVE HUNTINGTON NY%0A

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## Montauk Salt Cave

Halotherapy, aka salt therapy, is an alternative treatment for a wide variety of ailments and conditions, such as asthma, allergies, inflammation, and even the common cold.

### Montauk Salt Cave West - Home | Facebook

A session inside the salt cave entails 45 minutes of relaxing, and breathing in air that is totally saturated with salt. Our soothing meditation music will help to put your mind at ease, while you lay back in our zero-gravity chairs or directly on the salt.

### Montauk Salt Cave West, Huntington, NY - findglocal.com

Montauk Salt Cave West is your one-stop-shop for wellness! Whether you re focused on self-love or need a special gift for a loved one, we ve got you covered! Whether you re focused on self-love or need a special gift for a loved one, we ve got you covered!

### Montauk Salt Cave - Huntington, NY - Up To 62% Off ...

Visitors to Montauk Salt Cave sit comfortably reclined as they inhale Himalayan salt-infused air. Here, one's respiratory tract undergoes revitalization, with lungs and nasal passages being cleared from pollens, viruses, inflammations, and other pollutants. Additionally, clients may participate in a variety of events organized here, such as Reiki, yoga, and gong meditation sessions.

### Montauk Salt Cave - TripAdvisor

We were convinced by friends to visit the Montauk Salt Cave to experience, well, salt therapy! You enter through, what else, a gift shop, and remove your shoes before you enter, so bring some heavy socks so the salt does not hurt your feet. You

### Salt cave therapy used to treat various ailments at Long ...

Salt caves like the one on Long Island have been popping up all over the country. There's no real medical evidence to support the benefits of salt therapy because few studies have been done.

### I Went Inside a Salt Cave Here's What Happened | MyDomaine

Salt is a natural anti-inflammatory, antibacterial, antiviral, antifungal, and antimicrobial, which is why the benefits the cave promotes are not a huge shock to those informed about the healing powers of salt.

### Montauk Salt Cave - Huntington, NY - Yelp

15 reviews of Montauk Salt Cave "Relaxing. A very different way to relax and maybe take a nice nap. I came

here with my mom and cousin and the lady at the front desk was so nice to us, even when were running very late. You have to take your shoes

### Now also in Huntington, NY & Manhattan - Montauk Salt Cave

The Salt Cave in Huntington offers a Salt Cave for adults and another for children. Cost is \$40 for 45 min. They also have a 5 visit plan that reduces the price to \$32/visit. Good for clearing out the sinuses and clearing the lungs. Worth the trip!! Samantha is a hidden gem

### The Salt Cave and Spa

A UNIQUE EXPERIENCE. The Salt Cave and Spa invites you to a day of pampering and well being. With diverse options, caring specialists and the purest of products, we strive to create a lasting impression in both relaxation and health renewal.

### Montauk Salt Cave | Huntington, NY

Pour salt in the corners of your house, and watch what happens - Duration: 2:50. EVA FOX. Home Remedies for Health. 4,634,340 views

### At Montauk Salt Cave, breathe easy and try yoga classes ...

The walls of the cave are built entirely with pink Himalayan salt rocks. The floor is covered in salt that is said to be anti-viral, anti-bacterial, anti-fungal, anti-microbial and anti-inflammatory.

### Floatation Therapy in Dix Hills NY | Salt Cave Therapy in ...

Floatopia is an alternative wellness center featuring state of the art floatation therapy, and an intimate salt cave with a spa like atmosphere in Dix Hills NY.

### 6 Incredibly Relaxing Salt Caves In New York You Need To Visit

Salt of the Earth features a 300-square foot Himalayan salt cave that will take your breath away and put your right at ease. Offering 45-minute sessions inside of the cave, you can book an appointment here Tuesday through Saturday.

### Montauk Salt Cave West - Home | Facebook

Montauk Salt Cave West - 169 New York Avenue,

Huntington, New York 11743 - Rated 4.8 based on 76

Reviews "Great ! Such a relaxing experience went in with