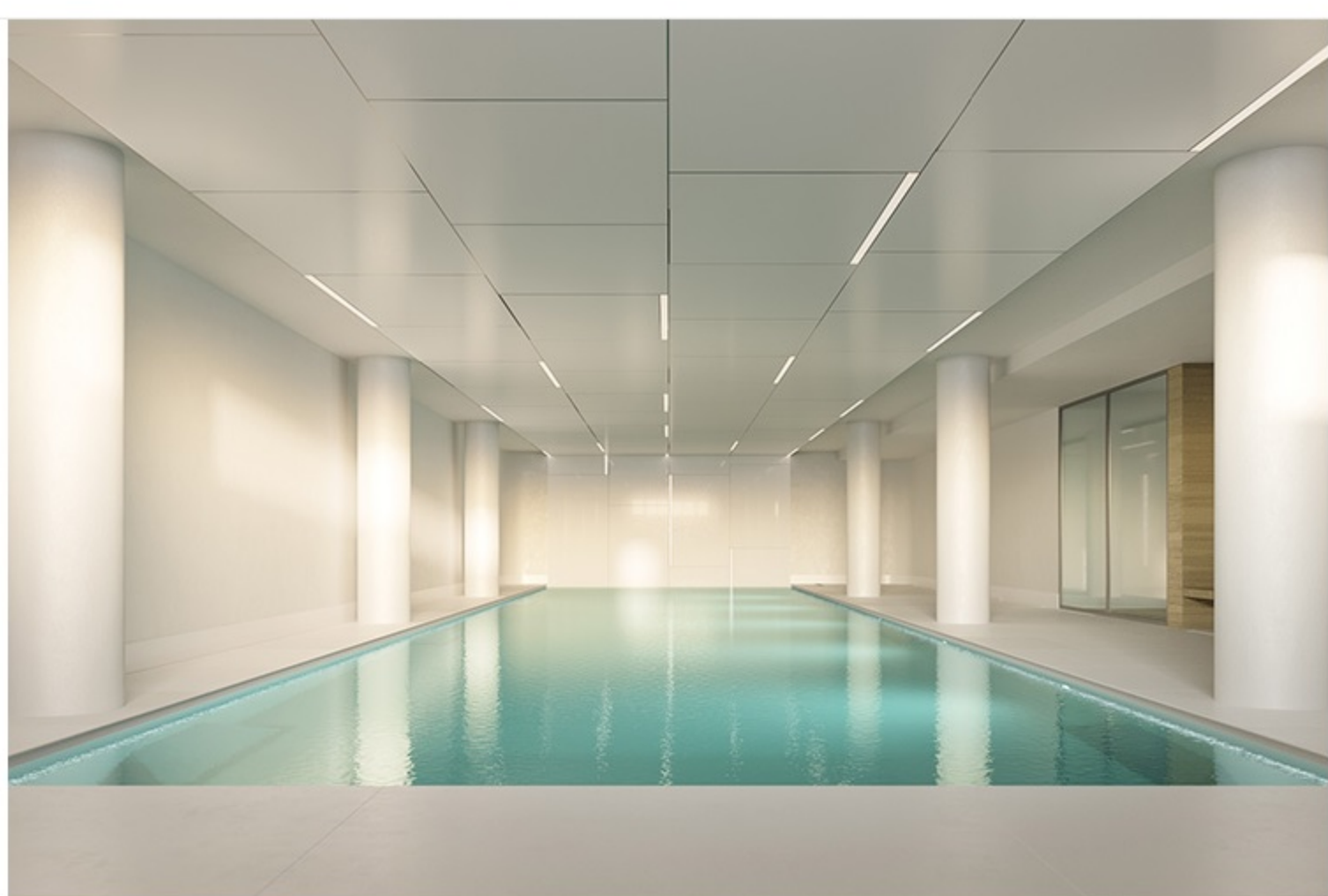


# Stay Salty: Residences that Practice Salt Therapy

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Developers across the nation are noticing the many benefits of salt therapy and are now implementing them into their spas.

Ranging from therapy sessions, soaks and Himalayan experiences, this form of therapy can benefit cell activity, energy, and blood and sugar levels. According to the Global Wellness Institute, the negatively charged ions in salt improve health, mood and reduce respiratory conditions such as asthma, allergies to name a few.



**New York 90 Morton, Saltwater Indoor Pool** | 90 Morton, the latest West Village collection of residences offers a private retreat to a saltwater oasis. One floor below the main lobby entrance, residents will have direct elevator access to unwind and experience the serenity of the indoor saltwater pool that measures 64 feet in length. Practiced in many health and beauty practices worldwide, swimming in a salt water pool is known to exfoliate and rejuvenate the skin. A sauna with private changing rooms, showers and lockers are also available, and the finishes surrounding the pool project a sense of cooling with white sculpted Lapitec porcelain sheets.



**Chicago 1000M, Himalayan Salt Room and Ice Therapy** | 1000M's luxurious spa will provide the opportunity for effortless relaxation and pampering right at home with multiple options for treatment and wellness. Among the many features of the Level 11 Spa are ice therapy to be used in cryotherapy routine and a Himalayan salt room, which in addition to relaxing your mind and body can help clear pollutants, viruses, toxins and other pollutants from the body.



**Florida Amrit Ocean Resort & Residences, Salt Inhalation Therapy Chamber** | Located within Amrit's AAYUSH® amenity (meaning longevity in Sanskrit), the salt inhalation therapy chamber (aka salt room) at Amrit can help alleviate a number of respiratory ailments, and skin conditions (like eczema, acne, etc.), as well as contribute to overall wellness and improve allergies. As a mineral, salt is naturally antibacterial, anti-inflammatory, and anti-fungal. The combination of amenities located in AAYUSH make up the only multi-level indoor/outdoor hydrothermal experience in Florida and one of the largest in the United States (over 40,000 sq. ft.). Available to guests and residents on the property, "The AAYUSH Hydrothermal Experience" will include a hydro-reflexology path, replenishment pools, inhalation therapy chamber (salt room), effusion shower and a full hammam.