

How Do High-End Properties Shake Up Spa Treatments? Salt Therapy



Jeffrey Steele Contributor

Real Estate



New York City's West Village luxury condominium 90 Morton is among high-end residential buildings whose spas offer salt therapy treatments. [90 MORTON](#)

If you are among those living in or considering a move to an ultra-luxuriant residential building in part for its luxe spa, you fully expect that spa to feature the latest, most cutting-edge treatments. One of the newest appears very much worth its salt.

Among the leading trends in high-end spas these days is use of Halotherapy, often referred to as salt therapy. The use of salt to enhance health and healing dates way back to ancient times, when many a shaman and sage encouraged salt inhalation to improve respiration and address an array of health problems. Negatively-charged ions in salt can boost mood, while salt's curative powers can benefit immune, lymphatic and nervous systems, improve lung capacity and help ward off the flu bug.

Spa directors at exclusive residential buildings from coast to coast have taken note, and are now incorporating salt therapy into their spas. The treatments tend to take the form of anything from therapy sessions to Himalayan pink salt baths. The result, say salt therapy enthusiasts, is an invigorating new lease on life, health and energy.

Effortless relaxation

In downtown Chicago, salt has all too often been thought of as something that migrates from the roadways upwards to unattractively coat your footwear, lower pants leg and vehicle after a typical mid-winter, lake-effect snow event. That transition has been known to result in a few salty epithets being uttered by victims of said migration.

The opulent spa at 1000M, the city's 74-story South Loop luxury condominium tower now under development, is imbuing salt with a better name. It promises that among its multiple options for effortless relaxation and wellness will be a Himalayan salt room in its Level 11 Spa. The Himalayan salt room is designed to soothe both mind and body, while helping clear pollens, viruses, toxins and other pollutants from the body.

“

“Home buyers at 1000M are very excited about our Himalayan salt room, which is the first such room in a residential building in Chicago,” says Cyndy Salgado, executive vice president development, sales and marketing with 1000M's exclusive sales team, @properties. “Salt therapy is known to have myriad health benefits, and 45 minutes in a salt room is the equivalent of three days of seaside air. That's something most Chicagoans will do just about anything for, come January and February.”

Especially if they've just been spray painted with road salt.

Salt water oasis

collection of residences in New York City's West Village provides its pampered residents with a private retreat to just such a salt water oasis.

Residents of that property, [90 Morton](#), will be able to descend by private elevator one story beneath the structure's main lobby entrance to the tranquility, relaxation and luxuriant escape of a 64-foot-long salt water pool. White sculpted Lapitec porcelain slabs encircling the pool project a welcome cooling ambience.

The setting also includes a sauna with private changing rooms, showers and lockers.

A hydrothermal experience

Not to be outdone, [Amrit Ocean Resort & Residences](#) in Riviera Beach, Fla. is including a salt inhalation therapy chamber, also known as a salt room. Situated within Amrit's AAYUSH (a Sanskrit term meaning “longevity”) amenity, the salt room is intended to reduce assorted respiratory ailments, address skin conditions ranging from eczema to acne, and generally contribute to overall wellness, including the reduction of allergies.

The AAYUSH experience, available to the property's guests and residents, will include a hydro-reflexology path, replenishment pools, effusion shower and a full hammam spa.

If the trend continues to capture adherents, can we anticipate a near future in which treatments based on salt pepper the nation's highest-end spas?