

Asthma and Salt Therapy



**Asthma
Australia**

Consumer Fact Sheet

Salt therapy (also known as halotherapy) is an alternative therapy which uses salt.

Salt particles are dispersed in a room while a person relaxes.

This therapy claims to cleanse the airways and improve respiratory conditions.

Will salt therapy help my asthma?

No. We are not aware of good quality evidence supporting the use of salt therapy to manage asthma.

There is also little evidence of harm resulting from the exposure of people to the atmosphere of salt rooms.

We believe this technique has not been adequately scientifically evaluated.

The Australian Asthma Handbook advises against the use of therapies in place of or to the exclusion of conventional therapies as unproven complimentary or alternative therapies can pose a risk to patient health, either directly or indirectly.ⁱ

For most people with asthma, conventional preventative inhaled medication is a simple, safe way to get good asthma control and live well with their asthma.

Asthma Australia strongly recommends caution for people with asthma with respect to the use of salt rooms and that people discuss salt therapy,

ⁱ National Asthma Council 2018, Complimentary therapies and asthma, Australian Asthma Handbook.

and any complimentary/alternative therapies with their doctor.

Asthma Australia does not believe people with asthma will be helped by using salt rooms or salt inhalation.