

# Dawn Paletta

Dawn Paletta, PA-C, has an extensive background in therapeutic and medical care, most recently having spent seven years as a dermatology physician's assistant. "During that time, I saw a lot of patients with psoriasis, eczema and acne who were looking for another way to treat their conditions," she says. "During their visits, many patients would also complain of a multitude of respiratory complaints – the medications and surgeries they had undergone hadn't improved their conditions."

As she was researching alternative approaches to helping her patients, Dawn came across an article on halotherapy, or salt therapy. First discovered in Poland in the 1880s, when miners of salt caves found their prolonged exposure to salt led to significant improvements in their respiratory and skin ailments, today's halotherapy is a holistic method that mimics the natural microclimate of the salt mines. It clears out the lungs, removes toxins, improves mood and sleep, decreases the need for drugs, and enhances performance.

Recognizing the tremendous potential of halotherapy for a multitude of conditions, Dawn recently opened the Salt MedSpa in Peachtree City to bring these services

to the community. The only halotherapy center in the area, Salt MedSpa's two salt rooms, or halochambers, are equipped with a halogenerator that crushes pharmaceutical-grade salt into micronized particles, which are then dispersed through the air in the salt room. Clients book 45-minute sessions in the rooms to inhale the salinated air, equal to the benefits of three hours in a salt mine.

"Clinical studies have shown that when people inhale this type of salt air, it can help stimulate the natural ability of their respiratory systems to reduce inflammation, fight infection, clear blockages and reduce discomfort," says Dawn. "Halotherapy is also great for improving the lung performance of athletes, musicians and singers."

Because halotherapy is both effective and natural, Dawn points out, it has many advantages over traditional medicine. "Other treatments offer drugs with side effects, possibility of resistance, high cost, and long term use of steroids," she explains. "Halotherapy, by contrast, is drug free and safe."

Dawn carefully designed Salt MedSpa to provide a relaxing and positive experience, with an adults' Relaxation Room (including a twinkling star feature on the cave ceiling, zero gravity chairs, and blankets) and a children's Activity Room, with a play area, an observation room for parents, and a

*"We want our clients to breathe well, look well, and feel well."*



large sea life mural designed and painted by renowned Atlanta artist Michael Colley.

And for those of us who could use a greater sense of wellbeing, or even just some relief from stress? Because the process of crushing salt generates negative ions, which are believed to increase serotonin production, halotherapy can alleviate stress and depression and produce feelings of energy and positivity. "You don't have to have a respiratory or skin condition," Dawn says. "Halotherapy can benefit anyone."



**Salt MedSpa**  
Halotherapy

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