



GET SALTED

Myers Park's Om Spa is home to Charlotte's first Halotherapy room, the perfect place for both relaxation and wellness.

BY **SUNNY HUBLER** | PHOTOS OF OM SPA BY **JAMEY PRICE**



Om Spa of Charlotte, tucked away in Myers Park, offers a variety of luxury wellness options that range from massage, acupuncture and chiropractics, to performance rehabilitation, to more standard day spa services. With their unique blend of restorative practices and a cutting-edge approach to wellness, Om Spa has built a name among its clients for its dedication to offering only the best treatments available.



In pursuit of this mission, Om Spa, which recently celebrated their 10th year serving the Queen City, unveiled their newest therapeutic spa service: Halotherapy, also known as a Salt Room treatment.

Om Spa's Dr. Bryan Edmiston, the spa's founder and director, and Anne Glasgow, are responsible for Charlotte's first halotherapy room. Both note that while Salt Room therapy may sound like an offbeat new trend, many of the health care systems in other countries

frequently pay for clients to spend several weeks per year in naturally-occurring salt mines. The treatment method itself actually dates back to the Ancient Greeks, and while not a replacement for medical treatment, it serves as an exceptionally effective complement to traditional medicinal techniques.

Om Spa has been successfully employing their Halotherapy to treat people with a host of respiratory issues along with skin conditions like eczema. The service has



taken off quickly, and Dr. Edmiston says they are often booked months in advance, with a full client schedule from open to close.

A salt room is just what it sounds like - a spa or hospital room that has been specially formulated to replicate the pristine micro-climate of European salt caves. By using a special tool to grind the salt into micron-sized particles, clients can,

Anne Glasgow and Dr. Bryan Edmiston in the Om Spa's Halotherapy Room, the first salt room in Charlotte.



in a 45-minute session, get the same benefit of three full days spent in an actual salt mine.

At Om Spa, pharmaceutical-grade salt gets ground into these tiny particles and then dispersed all throughout the room. Clients enter the

electronics-free environment, relax in a comfortable chair, and simply breathe the dry salt air.

Edmiston explains that the reason the salt itself is so beneficial is that it functions as an anti-microbial, effective against a host of different

bacteria, viruses, and fungi. He notes that Om Spa has been observing especially significant results with their COPD, allergy, asthma and sinus infection sufferers.

“The responses from clients has been overwhelming,” he says. “We have clients with COPD coming three times a week and driving an hour each way. They are breathing easier and have been able to reduce the use of their inhalers and medication. We even have physicians asking about what their clients are doing because their heart rates are changing and their respiratory functions improving.*”

★ FOR A BIT MORE INFO: www.omspa.net

*Halotherapy is not to be a replacement for any medication or medical treatment but is a complement to traditional medicine techniques.

THE QCEXCLUSIVE.COM MAGAZINE ★ VOL. 3 | NO. 1

QC
EXCLUS

EXCLUSIVE!
THE ALL-NEW
QC EXCLUSIVE!

Subscribe Today
**RECEIVE 8 ISSUES
FOR JUST \$25/YEAR**

The Best \$25 You'll Ever Spend
★ FEATURING ★

STUNNING PHOTOGRAPHY / BEAUTIFUL STORIES / AMAZING Q&A'S
DELICIOUS RECIPES / CHARLOTTE'S TOP LISTS / AND MUCH MORE

PRIMA DONNA

I.C. LONDON
lingerie
The Bra Fitting Experts.

Village at SouthPark
4310 Sharon Road
Charlotte 704-377-7955
www.iclondon.com
Facebook: ICLondonCharlotte