

RELAXATION SALT ROOM

BREATHE. RELAX. RECHARGE.

A relaxation salt room provides a tranquil environment where the air is enriched with natural salt elements, creating a mild, dry microclimate that supports relaxation and overall wellbeing. Combining natural materials, soft lighting and comfortable loungers, it offers a calm and restorative experience as part of a modern spa and wellness journey.



AIR TEMPERATURE
20°C to 26°C
(68°F to 79°F)



RELATIVE HUMIDITY
LOW & CONTROLLED
Typically 20% to 40%
(to protect salt surfaces and maintain a dry microclimate)



SALT TYPE
NATURAL HIMALAYAN
SALT BLOCKS OR
SALT PANELS



TYPICAL CAPACITY
4 to 10 persons
(depending on size)



**RECOMMENDED
SESSION TIME**
20 to 45 minutes

WHAT IS A RELAXATION SALT ROOM?



A relaxation salt room is a dedicated space with walls or panels made of natural salt, usually Himalayan salt. A controlled indoor environment with low humidity and comfortable temperature creates a calm atmosphere that supports relaxation and general wellbeing. The salt elements contribute to a unique sensory experience through natural materials, indirect lighting and a peaceful ambience.

KEY FEATURES

- ✓ Natural salt walls or salt panels (e.g. Himalayan salt)
- ✓ Controlled air temperature (20°C to 26°C)
- ✓ Low and controlled relative humidity (typically 20% to 40%)
- ✓ Comfortable loungers for relaxation
- ✓ Calm lighting and soothing ambience
- ✓ Can be combined with soft music and optional aromatherapy
- ✓ Suitable for hotels, resorts and private residences

KEY BENEFITS



RESPIRATORY WELLBEING

The salt-rich air environment can support respiratory comfort and ease breathing.



DEEP RELAXATION

A calm environment with natural materials and warm lighting helps reduce stress and supports mental relaxation.



GENERAL WELLBEING

Contributes to overall wellbeing and can support a balanced, restorative state of mind.



UNIQUE SPA EXPERIENCE

Enhances the spa journey with a natural, tranquil environment.

DESIGNING A RELAXATION SALT ROOM

1



ENVIRONMENTAL CONDITIONS

- Air temperature: 20°C – 26°C (68°F – 79°F)
- Low and controlled relative humidity (typically 20% – 40%)
- Fresh air with appropriate ventilation
- Stable and comfortable conditions

2



SIZE & CAPACITY

- Typical size for 4–6 persons: 15 – 25 m²
- Allow comfortable spacing between loungers
- Consider ceiling height (min. 2.4 – 2.6 m)
- Integrate as part of the spa relaxation area

3



SALT MATERIALS

- Natural Himalayan salt blocks or panels
- High-quality, non-treated natural salt
- Integrated backlighting (optional)
- Ensure durability and appropriate fixing systems

4



VENTILATION & SERVICES

- Dedicated ventilation system with fresh, filtered air
- Maintain low humidity levels
- Consider integration with HVAC system
- Discreet lighting, audio and optional aromatherapy

5



USER COMFORT & SAFETY

- Ergonomic loungers
- Non-slip flooring
- Safe and comfortable access and exit
- Soft, indirect lighting
- Clear signage and guidance for use
- Suitable for inclusive design

MATERIALS & CONSTRUCTION

	STRUCTURE	Solid or lightweight construction with appropriate wall support for salt panels
	FINISHES	Natural Himalayan salt blocks or panels, natural stone, timber or render
	SERVICES	Ventilation, humidity control, electrical supply, lighting, optional audio
	AMBIENCE	Natural materials, warm lighting, comfortable loungers and integration with spa design



WELLNESS & ENGINEERING BENEFITS

- ✓ Supports respiratory comfort and relaxation
- ✓ Creates a calm and restorative environment
- ✓ Complements other spa facilities (sauna, steam bath, cold plunge)
- ✓ Enhances the overall spa experience and guest satisfaction
- ✓ Suitable for luxury hotels, resorts and private residences
- ✓ Combines natural materials with modern spa engineering

ENGINEERING WELLNESS. DESIGNING EXPERIENCES.



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EXPERT ENGINEERING FOR WELLNESS AREAS - FROM CONCEPT TO COMMISSIONING