

## **A UNIQUE HEALTH PHENOMENON**

**INM Salt Cave** is a family business operating in the wellness market since 2005. The idea was born from a passion for living in harmony with nature. It is the result of a search for holistic ways to strengthen the immunity and vitality of our bodies. The health and wellbeing of our clients is our highest priority. Every space you entrust to us, we will transform into a magical place where you breathe the minerals of Dead Sea salt – their composition closely resembles that of human blood and lymph. This is the secret behind the extraordinary health benefits of salt therapy. Our mission is to create unique, highest-quality relaxation zones that support the health and harmony of our clients' lives.

**A Dead Sea salt cave is a place where in just 45 minutes you can restore your calm, energy and the harmony of body and mind.**

Dead Sea salt contains an exceptionally rich set of minerals - magnesium, calcium, potassium – that have supported skin condition and wellbeing for centuries. They make the marine microclimate of our cave truly one of a kind. You can feel the difference after your very first session.

The salt cave's temperature and humidity control system recreates the therapeutic climate of the Dead Sea coastline. A built-in audio system provides soothing, relaxing music. The gentle combination of cool and warm tones calms the nerves and relaxes the mind.

INM Salt Caves reflect the natural environment of the Dead Sea and its unique microclimatic properties. The walls are built from salt bricks, the floor is covered with a thick layer of salt crystals, and the ceiling is adorned with hanging stalactites.

### **Skin Benefits**

The minerals in Dead Sea salt support the skin's natural protective barrier and promote hydration. After a session, your skin may feel smoother, softer and noticeably more comfortable.

## **Breathing and the Respiratory System**

When the air is clean and saturated with Dead Sea salt minerals, breathing becomes a pleasure. Scientific research confirms that speleotherapy supports the patency of the airways and may relieve irritation of the upper respiratory tract, especially following infections.

Research studies conducted by scientists from the University of Koblenz in our salt caves in Germany have documented their health-promoting properties.

## **Stress Reduction**

45 minutes in the silence of the cave, surrounded by soothing sounds of nature and gentle light, allows the body to gradually unwind. Research confirms that regular relaxation sessions lower cortisol levels and build resilience to stress.

## **The Nervous System and Recovery**

The nervous system needs a break from noise, screens and sensory overload. A session in the salt cave offers something priceless: a calm, welcoming space where the brain can switch into recovery mode.

## **Sleep Quality**

An evening session in the cave is the perfect preparation for sleep. Deep relaxation lowers tension and quiets the mind, which can naturally support falling asleep faster and enjoying deeper, more restorative sleep.

## **Consistency – the Key to Lasting Change**

A single session offers a moment of relief – but real change comes with a regular self-care. Guests who visit us regularly notice improvements in skin condition, lighter sleep, a better mood and greater resilience to everyday stress. Make the salt cave your weekly ritual.

## **Patents and Certificates**

The salt brick ,produced by INM Salt Cave Company, from which the caves are built, is the result of several years of innovative work, culminating in four European patents for the utility model of the salt brick registered with the European Union Intellectual Property Office (EUIPO): No. 003059393-0001, No. 006978177-0001, No. 006978177-0002, No. 006978177-0003, as well as one utility model for the construction of a salt wall registered with the Polish Patent Office under No. KP RD 19.

## **Ecology**

The only company in the world that builds salt caves from Dead Sea salt bricks – entirely natural and environmentally friendly.

We use only natural materials in the construction of our salt caves – salt and wood.

The patent-protected salt brick system enables the construction of cave walls and floors without the use of any chemical binding agents.

## **Invitation**

We warmly invite everyone to experience a therapeutic session in our salt cave in Waer Waters Resort, 20 min from Brussels.

*Waer Waters Resort, Rodenberg 21, 1702 Dilbeek, Belgium*

## **Contact info for INM Salt Cave**

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