

When a 'Salt Room' Has No Salt on the Walls: Experts Warn Consumers About a Growing Halotherapy Problem

Dr. Margaret Smiechowski explains why real salt rooms must include salt walls, proper climate control, and correct construction for effective salt therapy.

ORLEANS, MA, UNITED STATES, March 8, 2026 /EINPresswire.com/ -- Salt therapy, also known as halotherapy, has grown rapidly in popularity across the United States as more people search for natural wellness experiences such as salt rooms and salt caves. However, experts in salt cave construction are warning consumers about a growing problem: salt rooms that are built without salt on the walls.

At first glance, the name itself seems simple and clear: a salt room should contain salt. Yet some newly constructed salt rooms are being built without salt walls, removing one of the most important elements of a true salt therapy environment.

“The salt walls are a major component of a properly designed salt cave,” says [Dr. Margaret Smiechowski](#), a pioneer of modern salt therapy in the United States. “A salt room needs all of its components working together to function correctly.”

According to experts in halotherapy design, a salt room without salt on the walls is like a car without an engine. It may look like a car on the outside, but it cannot perform the way it was designed to.

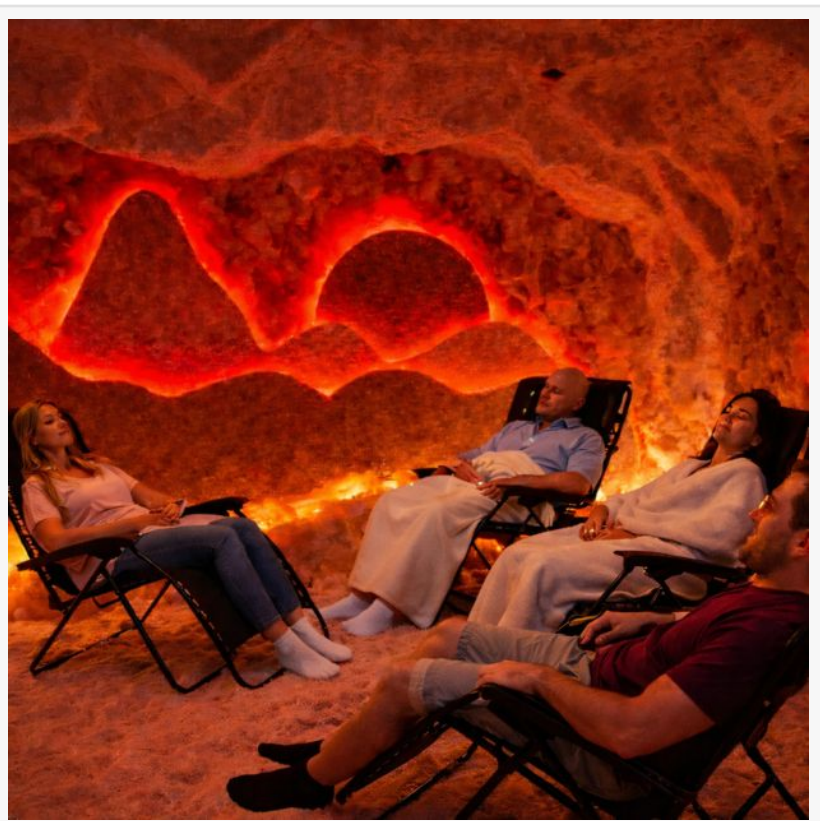


Children play in the salt while their parents relax during a salt therapy session inside a Himalayan salt room, a calming environment designed for families to experience halotherapy together.

Without proper salt walls, climate control, and airflow management, a salt room cannot create the correct environment for effective salt therapy.

As the demand for salt therapy grows, some businesses are cutting corners during construction without fully understanding how salt therapy works or how salt interacts with building materials. These decisions can lead not only to ineffective halotherapy but also to potential safety and building maintenance problems.

One of the most common warning signs is the use of a drop ceiling inside a salt room. Salt particles circulating in the air can travel above ceiling panels and begin interacting with metal components in the building structure. Over time, salt exposure can lead to corrosion of metal materials above the ceiling.



Guests relax inside a Himalayan salt cave featuring detailed 3D salt wall art. Building a beautiful and effective salt room requires more than basic construction skills it takes specialized knowledge of salt therapy design and materials.

Another clear indicator of improper salt room design is the presence of standard air-conditioning vents or AC grills in the ceiling. Visible HVAC vents often suggest that the room is not using a dedicated climate-control system designed specifically for salt therapy and halotherapy environments.

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Lighting installations can also create serious problems. Installing household lighting, rope lighting, or tape lighting

without following the manufacturer’s installation guidelines can make a salt room non-compliant with electrical codes and potentially unsafe.

In many poorly designed salt rooms, salt dispersed into the air simply falls to the floor, providing little benefit to those inside. Without the correct environment, the space becomes little more than a dusty room rather than a true therapeutic salt cave.

Decorative materials can also introduce unwanted pollutants into the space. Fabric decorations, pillows, branches, and other organic materials may break down when exposed to salt over time. As these materials deteriorate, they can release particles into the air, reducing indoor air quality.

Experts are also warning about another growing mistake in salt room construction: mixing different salt therapy systems in the same room.

Some facilities attempt to combine a salt generator with a brine graduation tower. While both systems are used in halotherapy, they require completely different climate control environments.

A brine graduation tower produces tiny water particles that carry salt into the air. A salt generator, however, requires a dry environment to disperse microscopic dry salt particles effectively.

When these two systems are used together, they work against each other. As soon as moisture from the brine system meets the dry salt particles from the salt generator, the dry salt absorbs the water. The particles become heavy and quickly fall to the ground, removing much of the salt from the air.

The result is a significant reduction in the effectiveness of the salt therapy session.

Experts recommend choosing one salt therapy system and designing the entire salt room around that specific method rather than combining two systems that cancel each other out.

Consumers interested in halotherapy should take time to research salt therapy facilities before booking a session. A properly designed salt room or salt cave should not have visible AC grilles in the ceiling, should avoid fabric decorations or pillows in the therapy space, and should include a dedicated climate-control system designed specifically for salt therapy.

Even some salt rooms that appear authentic, with salt on the walls and on the floor, may still lack the proper airflow and climate control needed for effective halotherapy.

As salt therapy continues to grow across the United States, experts emphasize the importance of



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understanding how authentic salt caves and professional salt rooms are constructed.

“Salt rooms must be built correctly to work properly,” says Dr. Smiechowski. “When key components are missing, the space cannot deliver the experience people expect from salt therapy.”

Consumers are encouraged to research facilities carefully and learn how professional salt rooms and halotherapy environments are designed before choosing where to experience salt therapy. For more information about salt cave construction and halotherapy design, contact: Dr. Margaret Smiechowski, www.saltcavebuilder.com 802-770-3138

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