



How I got cured in salt

04/28/2013

[0 Comments](#)

The other day, I went to a salt cave, which apparently has healing properties. So, I guess you can say I got cured in salt. After which, I got a massage – Thai style.

Well put me on the menu, because I sound like a tasty dish – or at least a cheesy one.

That said, if you're not in the mood for cheese, but perhaps more in the mood for a day of relaxation, you too could try a trip to a salt cave.

As a Sambaassador for [Samba Days](#) gift experiences, I've tried many things: ziplining, haute cuisine, DJing wiki-wiki-style, bed and breakfasting, [flying a plane dangerously close to the CN Tower](#) ... So as you can certainly appreciate, I desperately needed a little pampering. And when getting pampered, why not bring along the lady who used to change your poopy Pampers.

Yup. I took Mama Kurtz along for the ride, when I braved the busiest highway in the world to go to [Saltcave Solana](#) in Oakville. (Oakville is about 40 minutes to 4½ hours from Toronto, depending on traffic, of course.) That's how much I wanted to go: I played Toronto Traffic Roulette to go on this [Samba Days Body and Soul Rejuvenate experience](#).

Typically, with the package I chose, you are given the choice of a 60-minute deep tissue massage and 50 minutes in the cave, or a 60-minute Thai massage and two 50-minute sessions in the cave. I selected the Thai massage - and my sweetest puppy dog eyes expression - requesting that my mom be given one of the sessions, so we could spend time in the cave together.



Salt caves are apparently quite popular in Europe.

Some are even built next to hospitals, as some doctors suggest it helps patients with respiratory, inflammation and exhaustion issues. With just one visit, I can't confirm or deny this, but I can say that salt castles are fun to make, especially with soothing music in the background.



To give you an idea of what it's like, imagine a Himalayan salt (the healthier, pink salt) sandbox, with salt rock walls, twinkling lights on a salted ceiling, a waterfall, and an orangey-glow surrounding you. The room is a comfortable temperature, and every time you inhale [insert Bill Clinton joke here], you get a gentle taste of salt. It's really the only way salt can ever lower your blood pressure.

So, after the 50-minutes in the cave, I got ready for my Thai massage, and my mom woke up. (Yeah, she

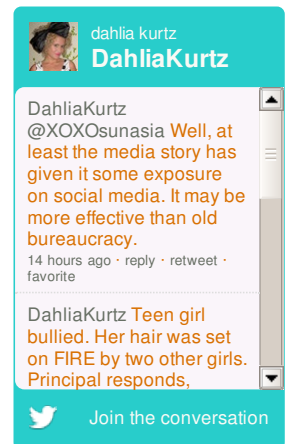


Nationwide column
[#eSaidSheSaid](#)

571

Like

[RSS Feed](#)



Archives

[April 2013](#)
[November 2012](#)
[September 2012](#)
[July 2012](#)
[May 2012](#)
[April 2012](#)
[February 2012](#)

Categories

[All](#)
[Adventure](#)
[B&B](#)
[Buffalo](#)
[Cn Tower Flyby](#)
[Curl Keeper](#)
[Curly Hair](#)
[Curly Hair Solutions](#)
[Date Night](#)
[Flying](#)
[Flying Lesson](#)

wasn't the best company in there, but I was due August 1st and was born August 27th, so to be fair, I wasn't the best company back then.)

So 60-minutes of acupressure and Thai-massagery later, it was back to the busiest highway in the world – at rush hour. I know, you feel so bad for me that you want to start a fund. You know what? Use that money to get a Samba Days experience instead. It'll be worth its salt.

 571

 Like

 Tweet

[Food](#)
[Frizz Off](#)
[Gourmet Getaway](#)
[Jonathan Torch](#)
[Niagara](#)
[Nightlife](#)
[Pampering](#)
[Samba Days](#)
[Sambassador](#)
[Spa Day](#)
[The Red Coat](#)
[Tubing](#)
[Tweek](#)
[Vacation](#)
[Video](#)
[Wine](#)
[Ziplining](#)

Comments

Leave a Reply

Name (required)

Email (not published)

Website

Comments

Notify me of new comments to this post by email