

Twink joins second birthday celebrations at Salt Cave

by Laura Donnelly

HAVING credited the Salt Cave in Maynooth with banishing her asthma, actress Adele King returned to celebrate the second birthday of the innovative treatment centre in The Glenroyal Shopping Centre.

Better known as Twink, the star has suffered with asthma all her life and is very reluctant to take medication for any kind of ailment.

She explained: "I had a near fatal asthma attack and was rushed to hospital. I don't remember a lot about what happened, it's all a bit of a blur, I just remember waking up in Tallaght hospital.

"I spoke about my experience with asthma on The Late Late Show, and I was inundated with calls from people all across the country with all kinds of tips and cures.

"I received a letter from Dr Tamas here, about the Salt Cave Climatherapy treatment, and I was really interested in the treatment because while I was in hospital I read an article about how, years ago when people were working in mines, they always suffered from very bad respiratory illnesses and died quite young. However in comparison, people working in salt caves were always very healthy and lived very long lives without any such illnesses or breathing problems. So that is what the idea of this treatment is based on.

"I came in for 20 treatments and I was amazed. Now, they tell you that you will feel worse before you feel better, but that's just because it is clearing out your lungs. After about three treatments I felt fabulous!

"I'm in a show at the minute that starts tomorrow (Tuesday, 1st February), but once I finish this run, I'll be back for another couple of treatments, it's good to keep up with the treatments every so often.

"It's so relaxing, you just sit in the room for an hour, and you can read a book or magazine, or do whatever you want."

Patients sit in the salt cave for an hour, and a series of treatments is recommended.

"Twenty sessions is ideal, and we recommend that during your treatment process you come in four times a week,"



Adele King (right) cutting the cake to celebrate the second birthday of the Salt Cave in Maynooth with owners Orsi and Dr Tamas Bakonyi on Monday morning.

said Dr Tamas Bakonyi.

"We are open seven days per week, so it is easy to make an appointment."

Dr Bakonyi, a GP based in Leixlip, and his wife Orsi, founded the clinic in 2009, the first of its kind in Ireland.

Adele joined Dr Tamas Bakonyi and his wife Orsi on Monday, 31st January to cut the birthday cake and mark two years of the treatment centre which has had hundreds of success stories. One of which is the son of Salt Cave employee Martina Malone, who explained: "My nine-year-old son Shane has chronic asthma, and was on an antibiotics every other month. I'm working here since the clinic first opened, and I started bringing him in for treatment then, and he hasn't needed an antibiotic in 16 months.

"It has been brilliant for Shane, and I can't recommend it highly enough."

The revolutionary salt cave can help alleviate and eradicate many conditions, including asthma, pneumonia, chest infections, colds, hay fever, bronchitis, sinusitis and cystic fibrosis, and has seen 2,000 patients raging in age from six months to 80 years.

The Maynooth salt cave uses

purified, 99.9% sodium chloride, aka pharmaceutical salt, the cleanest salt in the world, which contains no additives and no other trace elements.

The dry salt aerosol spray in the salt cave can reach the remotest parts of the lungs, where medication from inhalers would never go. Particles of salt are ground up by a computerised, state-of-the-art machine, a salt micronizer, and a fine, dry, salty aerosol spray is then circulated around the insulated room. These microscopic salty particles, invisible to the naked eye, penetrate deep into the respiratory system.

The treatment is widely used in Eastern Europe and Russia and has been a popular natural therapy for 200 years.

To contact the Salt Cave Climatherapy Clinic in Maynooth visit www.saltcave.ie or phone (01) 6289851. The clinic is open Monday to Friday, from 10am to 8pm, Saturday 10am to 6pm, and Sunday 10am to 2pm, and is located at Unit 5, Glenroyal Shopping Centre, Maynooth.

A single salt therapy session costs €35, with 10 sessions costing €240. The number of sessions needed varies according to the patient's condition and its severity.



Osin, Mairin and Siofra Ni Mhuiri from Kinnegad enjoying a visit to the Salt Cave in Maynooth.



Adele King (Twink) enjoying her visit to the Salt Cave in Maynooth on Monday (31st January).



Frances Keely and Rachel Gill relaxing after treatment in the Salt Cave.