

THE WIELICZKA SALT MINE UNDERGROUND REHABILITATION AND TREATMENT CENTER



Wessel Lake in the Wieliczka Salt Mine



Asheville's Therapeutic Salt Cave

The historic Wieliczka Salt Mine in Krakow, Poland is the only mining site that has functioned continuously since the Middle Ages; about 800 years! It is known as Poland's underground cathedral. The original excavations reach down to a depth of 327 meters on nine levels and are 300 km long. Inside are lakes, chambers, sculptures, chapels, chandeliers, a hotel, hospital and the world's largest mining museum carved from salt!

In 1843 Dr. Felix Boczkowski formulated that the salt saturated air inside the salt mines resulted in a healing effect on people who suffered from pulmonary and respiratory problems. Today the Wieliczka Salt Mine operates as the largest Underground Rehabilitation and Treatment Center in the world! They are world leaders in providing innovative rehabilitation and treatment for various respiratory diseases. By combining the natural microclimate of the underground salt cave with the best practices of contemporary medicine holistic healing can be achieved.

Poland's treasured mine was placed on UNESCO's First World List of Cultural and Natural Heritage in 1978. Now it is enjoyed by more than a million visitors a year!

The Wieliczka Salt Mine is unique on a global scale, but the therapeutic properties of salt have been successfully used by other cultures and healers for centuries. As a result, entrepreneurs have built salt caves to share these health benefits with the general public. They are built exclusively from timber and without any metal parts. The tranquil atmosphere of these person-made caves is due to the great care taken to recreate the landscape forms of natural caves. Appropriate lighting brings out the unique shapes of the rock salt crystals and soft music adds to the relaxing atmosphere. These caves are saturated with elements, negative ions and all the trace minerals essential to human health. The therapeutic benefits from a visit to a salt cave are many. They include positive results in treatment of neuroses, rehabilitation after injuries, relieving skin and respiratory conditions, helping people sleep, and alleviating the negative effects of physical and emotional exhaustion and stress.

Using the Wieliczka Salt Mine as our model SolA, Asheville's Therapeutic Salt Cave is almost identical in terms of physical, chemical and biological conditions present in the mine, that create positive effects on our health. SolA has imported nearly 20 tons of therapeutic rock crystal salt from four mines in Poland. Our salt which was harvested by hand from deep within the earth's surface is pure and uncontaminated. Our salt cave is comprised of totally natural hypoallergenic materials: wood, water, salt & a natural resin.

Our ventilation system maintains humidity and a constant temperature of 68-72 degrees while the two soothing water features saturate the cave with moist salt air. This creates a natural microclimate of sole (life sustaining force), the same environment found in our oceans, our bodies and our embryonic fluid. Our cave's unique properties (found nowhere else in the US) make it sustainable, antibacterial, antiviral, and regenerating.

Keeping this in mind, the interior of our surrounding space is also ecofriendly, and locally sourced whenever possible. Our retail space is decorated with natural pigment, clay, sand and water plaster, non VOC paint, air filtering plants, and our flooring is made of natural cork. Our "walk through the woods" area leading to the cave was created out of straw, clay, sand and water by local Asheville artist, Molly Curry in conjunction with Steve Kemble from MUDSTRAWLOVE.

Our cave has taken an ancient healing treatment and combined it with 21st century technology to bring Asheville a unique healing environment. A 45 minute session also provides the ultimate relaxation experience combining salt, music and light therapy. One session in our cave is equivalent to spending four days at the beach! Come enjoy!



Glowing chandeliers made from salt crystals in St Kinga's chapel built in the late 1800's.