HaloTherapyPRO

User Guide

Alternate Controller

Rev. November 2026

QUICK START

Quick start: from unboxing to your first session

Set up your HaloTherapyPRO once in five simple steps. Then, every session: add about 1 teaspoon of salt, close the space, switch on and set a timer for 10–20 minutes, relax, and blow out the fan and salt bowl afterward.



Set it up once

Step 1: Unpack the box

Carefully remove all items from the packaging. You should have:

- HaloTherapyPRO HaloGenerator
- Salt cover (salt lid)
- Fan housing with fan installed
- Power cord
- HaloTherapy Salt

Anything missing or damaged? Please contact us at **support@halotherapypro.com** before using your HaloGenerator.

Step 2: Position the HaloGenerator

Place it where you'll use it: in your tent, booth or room. Set it on a stable, flat surface, such as a side table or the optional wall mount, with the salt outlet facing the open space and room around it for air to flow.

Step 3: Install the fan housing

1. Plug the fan into its connector on the HaloGenerator, if it isn't already connected.
2. Insert the fan housing into the slot on top of the HaloGenerator.

> **TIP:** Make sure the fan label faces forward. This sets the correct direction of airflow: the air should blow toward the salt bowl.

Step 4: Plug it in

Plug the included power cord into the HaloGenerator, then plug the other end into a wall outlet.

Step 5: Check the settings

In a pop-up tent or small booth, start with **5 seconds grind / 30 seconds pause**. In a room, the shipped setting of **10 seconds grind / 30 seconds pause** is a good start. To change them, follow **Run Time & Pause Settings** below.

That's it: your HaloTherapyPRO is set up and ready for your first session.

Every session

1. **Add salt.** Put about **1 teaspoon** of the included HaloTherapy Salt in through the top.
2. **Close the space.** Zip the tent or close the door.
3. **Switch on and set a timer. Start with 10–20 minutes.** Use the plug-in countdown timer we recommend, or simply a watch or clock.
4. **Relax.** Sit back and breathe normally through your nose.
5. **Clean up.** Switch off, then blow out the fan and salt bowl with an electric air blower. It takes about a minute. Never use water.

Using the Sauna PRO? See the **Sauna PRO / Salt Booth** guide.

YOUR SESSIONS

How do I run a session, and make it a routine?

Start with 10–20 minutes: close the space, add about a teaspoon of salt, switch on, then sit back and breathe normally. A regular time and a ready-to-go space make it easy to keep up.

Before you start

1. Check the space is **closed**.
2. Add about **1 teaspoon** of HaloTherapy Salt through the top.
3. Check the settings suit your space (below).

Choose your settings

The **red** number is the grind time and the **blue** number is the pause time, both in seconds.

Space	Suggested starting setting
Pop-up tent or small booth	5 seconds grind, 30 seconds pause
Room	10 seconds grind, 30 seconds pause (as shipped)

More grind time = more salt. Less grind time = less salt. The pause time works the opposite way: **less pause time = more salt, more pause time = less salt.** Change one thing at a time, in small steps.

To change the times, follow **Adjusting Time** under **Run Time & Pause Settings** below.

How long?

Start with 10–20 minutes. As you get to know your HaloGenerator, you can adjust the session length and salt output to suit you.

> **TIP:** A plug-in countdown timer makes sessions easy: it cuts the power when your time is up, so you can simply relax. You'll find the one we suggest in the Recommended Products section of our website.

During your session

- Sit comfortably and close the tent or door.
- Breathe normally through your nose. There's no need for deep breaths.
- Read, listen to music or an audiobook, meditate, or simply rest. A couple's or family session works too, if you have room.
- Stop any time you feel uncomfortable.

After your session

Switch the HaloGenerator off (or let your timer do it), then blow out the fan and salt bowl.

Make it a routine

- **Pick a regular time:** a quiet start to the morning, a break at lunchtime, or winding down in the evening.
- **Keep it ready to go:** keep a teaspoon measure next to your salt, and reset the space after each session (chair straight, blanket folded).

SALT

Which salt do I use, and how much?

Use only 99.99% pure pharmaceutical-grade (USP) sodium chloride, such as our HaloTherapy Salt, about 1 teaspoon per session. Never use Himalayan, sea, table or iodized salt.

The right salt

Use only **99.99% pure pharmaceutical-grade (USP) sodium chloride** made for HaloGenerators, such as **HaloTherapy Salt**.

Don't use: Himalayan pink salt, sea salt (including Dead Sea salt), table salt or iodized salt. They contain trace minerals and additives that shouldn't be inhaled. Never add water, essential oils, fragrance or anything else to the salt bowl, and skip "infused" salts (for example CBD salt), which the Salt Therapy Association warns are unproven and potentially risky.

How much

Use about **1 teaspoon per session**, added through the top of the HaloGenerator. There's nothing to remove or adjust first. For a longer session or a larger space, you can add a little more, but don't overfill the bowl. On the **Sauna PRO**, add salt through the loading port on top of the unit.

Every HaloTherapyPRO ships with free HaloTherapy Salt so you can start right away. For refills, order HaloTherapy Salt from our website.

Keeping salt dry

Salt soaks up moisture from the air, and damp salt cakes and can stop the grinder turning.

- Keep the salt container tightly sealed.
- Store it somewhere cool and dry.
- Never load salt that's damp or clumpy.

AIR & HUMIDITY

How do I keep the air right?

Keep humidity below 55%. Keep the space closed during sessions, and never use it in a steam room or damp space.

Keep humidity below 55%

If the humidity rises above the safe level during a session: switch the HaloGenerator off, clean it with an air blower and a dry towel, and only start again once the humidity is back down.

Keeping a space dry

- Keep the space away from bathrooms, laundry areas and kitchens.
- In humid climates or seasons, a dehumidifier or air conditioning can help keep the space dry between sessions.
- Never use the HaloGenerator in a steam room or any damp space, or anywhere water could reach it.

Airflow

Keep the tent or door closed during a session so the salt stays around you, and leave space around the HaloGenerator so its fan can move air freely.

CLEANING & CARE

How do I clean and care for my HaloGenerator?

After each day you use it, switch the HaloGenerator off and blow out the fan and salt bowl with an electric air blower. It takes about a minute. Never use water.

Why cleaning matters

Salt dust naturally builds up inside the fan and salt bowl. Keeping them clear is the most important thing you can do to keep your HaloTherapyPRO running smoothly.

You'll need: an electric air blower (air duster). The one we recommend is linked in the Recommended Products section of our website.

Daily cleaning (about 1 minute)

Do this every day you use the HaloGenerator:

1. Switch the HaloGenerator off. (You don't need to unplug it.)
2. Use the air blower to blow out the **fan**.
3. Remove the salt lid and blow out the **salt bowl**.
4. Put the salt lid back on.

WARNING: Never use water, liquid cleaners or damp cloths on the HaloGenerator. Moisture causes salt to stick and harden.

Sauna PRO: see **Cleaning & Maintenance** in the **Sauna PRO / Salt Booth** guide.

TROUBLESHOOTING

Something's not right: quick fixes

Most problems come from caked salt or humidity, and are quick to fix. If a fix doesn't work, stop and contact us.

Problem → what to try

Problem	What to try
Won't turn on	Take out any timer or power strip and plug it straight into a wall outlet. Try a different outlet. Check the power adapter is firmly connected at both ends.
Grinder isn't spinning, or the HaloGenerator keeps resetting	This is usually salt that has caked in the salt bowl from moisture. A built-in safety feature resets the HaloGenerator when the grinder can't turn. Switch off and remove the caked salt with a brush or small tool, then try again.
Not switching between grind and pause	Reset the controller using **Mode Setup** below.
Too much salt in a small space	Lower the grind time (red) or raise the pause time (blue). In a tent, try 5 seconds grind, 30 seconds pause.

New fan noise or rattling	Switch off, unplug, and blow out the fan with an air blower. Salt build-up is the most common cause.
Salt is clumping	Check the humidity (below 55%), use fresh dry salt, and keep the container sealed.
HaloGenerator got wet	Unplug it safely and don't use it. Contact us.

Still need help?

Email **support@halotherapypro.com** with:

- your order number
- your model
- a short description of the problem
- a photo or short video, if you can take one safely

WARRANTY & POWER

Warranty and power

Every HaloTherapyPRO has a 1-year manufacturer warranty and lifetime support, and works on household power worldwide.

Your warranty

Every HaloTherapyPRO comes with a **1-year manufacturer warranty** covering defects in materials and workmanship under normal use, plus **lifetime support** from our team. Damage caused by moisture or misuse isn't covered.

Start a warranty claim

1. Sign in to your account.
2. Choose your order.
3. Open a warranty claim and describe the problem. A photo or short video helps.

If that's not easy for you, email **support@halotherapypro.com** with your order number, a short description and a photo or video, and we'll start the claim for you.

Power in your country

HaloTherapyPRO runs on household power worldwide, so **no voltage converter is needed**. When you order, you can choose a power adapter with a **USA, EU, UK or AU** plug. If your outlets use a different plug shape, a simple plug adapter for your outlet type is all you need.

RUN TIME & PAUSE SETTINGS

Operating Cycle Information

Each device is tested and pre-programmed before shipping.

Your HaloTherapyPRO operates on the following pre-set cycle:

• 10 seconds ON
• 30 seconds OFF

Depending on the size of your booth, room, or tent, runtime may be adjusted at your discretion for the ideal session.

TIP: You can adjust the on/off cycle timing to suit the size of your space.

Recommended Settings

• Grind: 10 seconds
• Pause: 30 seconds

TIP: The Grind setting shown may be too high for smaller setups such as pop-up tents or compact salt spaces. Smaller enclosed areas can reach higher salt concentrations more quickly, so you may need to reduce the Grind time (RED) and/or increase the pause time (BLUE) to decrease salt output and find the setting that works best for your setup. Adjustments may vary depending on room size and preference.

Adjusting Time

Adjusting Grind & Pause Times

Change how long your HaloTherapyPRO Grinds and Pauses.

1. Press SET once. The red display (Grind Time) will flash.
2. Use the ▲ / ▼ buttons to set the desired run (grind) time.
3. Press SET again. The blue display (Pause Time) will flash.
4. Use the ▲ / ▼ buttons to set the desired pause time.
5. Wait 6 seconds. The settings will automatically save.

Video tutorial: https://youtube.com/shorts/9IXG3wq4tg8

ALTERNATE CONTROLLER MODE SETUP

Settings to Adjust the Mode

These settings ensure the top timer controls the grind time (in seconds) and the bottom timer controls the pause time (in seconds).

These settings make the **top timer control the grind time (in seconds)** and the **bottom timer control the pause time (in seconds).**

There are **3 settings** that need to be adjusted: **P0, P1, and P2.**

IMPORTANT: P0, P1, and P2 are the setting names shown on the top display. The top value does not change. Only change the value shown on the bottom display.

Your settings should look like this:

P0 ← Top display — **does not change**
-0- ← Bottom display — set to **-0-**
Sets the **grind time** to seconds.

P1 ← Top display — **does not change**
-0- ← Bottom display — set to **-0-**
Sets the **pause time** to seconds.

P2 ← Top display — **does not change**
P-5 ← Bottom display — set to **P-5**
Sets the **grind time to RED** and the **pause time to BLUE**.

How to Enter Settings Mode

Press and hold SET for 3 seconds to enter the settings.

IMPORTANT: If no button is pressed for **6 seconds**, the controller will automatically save the settings and exit Settings Mode.



Step 1 – Set P0

Set the bottom value to -0-. The P0 setting name on top will not change.

1. **Press and hold SET for 3 seconds** to enter Settings Mode.
2. **P0** will appear on the **top display**.
3. Use the **▲ / ▼ buttons** to change the **bottom value** to **-0-**.
4. Confirm the display shows:

P0 ← Top
-0- ← Bottom

5. Press **SET** to continue to **P1**.



Step 2 – Set P1

Set the bottom value to -0-. The P1 setting name on top will not change.

1. While still in **Settings Mode**, press **SET** to move to **P1**.
2. **P1** will appear on the **top display**.
3. Use the **▲ / ▼ buttons** to change the **bottom value** to **-0-**.
4. Confirm the display shows:

P1 ← Top
-0- ← Bottom

5. Press **SET** to continue to **P2**.



Step 3 – Set P2

Set the bottom value to P-5. The P2 setting name on top will not change.

1. While still in **Settings Mode**, press **SET** to move to **P2**.
2. **P2** will appear on the **top display**.

3. Use the ▲ / ▼ **buttons** to change the **bottom value** to **P-5**.
4. Confirm the display shows:

P2 ← Top
P-5 ← Bottom

5. **Do not press anything.** Wait about **6 seconds** for the controller to automatically save the settings and exit Settings Mode.



Support & Warranty

For questions, customer support, or warranty claims, email support@halotherapypro.com or use the contact form on our website. Thank you for choosing HaloTherapyPRO. Enjoy your halotherapy experience.