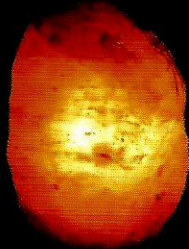




HIMALAYAN SALT LAMPS

WHAT IS A HIMALAYAN SALT LAMP?

Himalayan Salt Lamps are blocks of salt that are either kept in their natural form or carved into a particular shape. They then have a hole carefully fashioned in the bottom and a base attached. They may contain striations, veins and small cracks as part of the salt block they were originally from. These are natural and part of the product. A bulb and cord is then inserted and Voila! You have a beautiful, natural lamp that will create a cosy, beneficial environment for you and your family.



HOW DO THEY WORK?



Salt Lamps are naturally hygroscopic, meaning, they absorb moisture from the surrounding air. When these lamps are heated, a chemical reaction occurs, that creates negative ions. Negative ions are molecules that have gained an electrical charge (Anion). These negative ion generators have been proven to reduce the number of contaminants in the air

by attaching themselves to the airborne particles (by being magnetically attracted). This causes the particle to become too heavy to remain airborne and as a result, the particle will descend to be collected by cleaning. They reduce allergens, dust, odours, contaminants and germs within the air as well as partially decrease the EMF pollution that our technology produces.

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WHAT ARE THE BENEFITS?

Negative ions are naturally found in copious amounts in sunlight, waterfalls, the beach and in the mountains. When we breathe the negative ions in, they enter the bloodstream and scientists have found that they create a biochemical reaction that increases the serotonin levels in our system. This has been known to relieve depression and stress whilst increasing our energy reserves. They also increase the flow of oxygen to the brain which results in better focus and concentration with less fatigue. You can partially recreate these effects at home with a Himalayan Salt Lamp. The lamps may also assist:

- * Asthma, Hay fever & Sinusitis
- * COPD, Pneumonia & Bronchitis
- * Emphysema
- * Cystic Fibrosis
- * Upper & Lower Respiratory Tract Infections
- * Boosting the immune system and speeding up healing

CARE OF THE LAMPS

- * To clean crystallisation, wipe over the lamp with a damp (not wringing wet) cloth, then wipe dry immediately.
- * When left off, especially in humid conditions, remove cord & place a plastic bag over your salt lamp to prevent moisture being absorbed by the salt. Keep your lamp on a tray, dish or non-flammable absorbent material to catch any moisture that may have pooled at the bottom.
- * Your lamp can be left on as long as you desire, however, as with all electrical appliances, they should never be left unattended.
- * When moving the lamp or changing the light bulb always turn off at power point.
- * Only use incandescent globes. Never use energy saver globes.

For more information on Himalayan Salt Lamps, visit the blog-
www.melanieholistichealing.wordpress.com/2015/06/09/himalayan-salt-lamps-how-they-work-and-their-benefits



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