

Himalayan Salt Crystal Information Sheet



The many benefits of Natural Himalayan Salts – the 'King of Salts'

Himalayan Salts contains **84 elements** that naturally occur in the ocean as well as in our bodies. The benefits of using Himalayan Salts are far reaching and have been enjoyed by people around the world.

Salts harvested from the **Himalayan Mountains** are unlike any other salts, unique in both their majestic beauty and in the benefits they provide. When mixed with water, these salts create an environment that 'mimics' the **most ancient**

seas on earth, bringing the magic of the Himalayas right into your home.

Add raw, untreated Himalayan salts to your bath you will notice the difference immediately. Soak in the brine bath, and minerals and nutrients in the salt will be delivered to your cells in the form of 'ions', making it easier for your body to absorb and utilise them.

Himalayan Bath Salts, Massage Stones and Skin Treatment Salt Bars can improve the texture, tone and appearance of your skin, combat water retention, promote sinus health, prevent muscle cramping and soreness, regulate sleep and even decrease stress.

Please note:

All Himalayan Salt Crystal pieces are hand cut and vary in colour, shape, size and weight. It is normal for them to contain natural fractures, veins and chips. Variations in colour can range from neutral beiges and whites, to pink, peach, orange, apricot and red, making each Salt Crystal a unique collector's item. No two are ever the same.

Bring the Magic and Wonder of the Himalayas Home!

Smoother, more youthful skin, less stress, a better night's sleep, an abundance of energy – all this and more can be experienced by simply taking a bath or using either a Massage Stone or a Skin Treatment Salt Bar.

The majesty of the Himalayan Mountains and the far-reaching benefits that people have enjoyed for thousands of years can be yours, in your very own home.



Bath Crystals

Pet Jar 1.25kg (1250gm)

To use: For a relaxing & soothing bath, simply dissolve a handful of crystals with hot water in a small bowl and add to warm bath water. For a more therapeutic experience use 2 handfuls and soak for a little longer.

Tip: Enhance your experience by lighting an envirosoy™ candle infused with soothing Essential Oils or use Bath Crystals together with essential oils for a great cleansing and purifying bath.



Skin Treatment Bar

(approx. 360-420gm – 11.2cm x 6.3cm x 3cm)

When applied to skin, the 84 trace elements and minerals in the salt crystals leave an invisible layer of protection that helps prevent odour causing bacteria so your skin feels fresh, smooth and healthy.

To use: Use after a bath or shower on dry skin, or as a quick pick-me-up, when pressed for time. Wet the bar with fingers or face cloth, and then glide or press gently against your skin. Do not rub or

use the same way you would use a traditional soap as its exfoliant properties may scratch the skin if not used correctly.

The Skin Treatment Bar may break if dropped onto a hard surface such as a washbasin or bathtub but with proper care should last for months.



Massage Stone

(approx. 190-230gm – diameter: 6.5cm x 4.5cmH)

To use: Use with massage oils and essential oils directly on skin and this 250 million years old multi-mineral massage stone will absorb the oils and become smoother with use, while imparting healthy minerals to your skin.

In order to retain its smoothness, do not use with water.



Himalayan Salt Crystal IonicLytes™

With Himalayan Salt Crystals, you can also enjoy the fresh and invigorating climate of the ocean, forest and high mountains at home or at work.

When heated by the flame of a Soy Tealight, Himalayan Salt Crystals release negative ions into the atmosphere, replacing those depleted by our polluted lifestyle.

While most ionizers on the market are man made machines, the Himalayan Salt Crystal is a beautiful, silent, **natural alternative**, with **no harmful ozone**.

Choose from Smooth Cut or Natural Ioniclytes™

To use: Just add a soy tealight or votive candle to the centre of an IonicLyte™ and watch the romantic, flickering glow as your beautifully translucent Salt Crystal diffuses the candlelight into soft orange and pink hues.

Best used on a shallow dish or display plate as Salt Crystals do retain and release moisture.

