

Himalayan Crystal Salt Lamps and their Benefits



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Himalayan salt lamps are made from crystal salts formed by nature. These are mined 2000-2600 feet below the ground in salt mines of Himalayan mountains, which are located in Asia and Europe. The Himalayan range is home to the planet's highest peaks, including the highest, **Mount Everest**. The Himalayas include over a hundred mountains exceeding 23,600 ft in elevation. When heated with a

source, these salt lamps emit health promoting negative ions, which purify and improve air quality.

In nature negative ions are naturally created by sunlight, wind, waterfalls, and rainstorms. In general, negative ions are electronically charged oxygen molecules. The charge may be lost through air and electronic pollution, which contributes to illness such as fatigue, irritation, distress, blood pressure elevation, bronchial asthma, gall stones, kidney infections, stomach or liver complaints, as well as the effects of blood sugar and emotional mood levels. For comparison, near strong waterfalls we find up to 10,000 negative ions present. However, in cities at rush hour, there is often less than 100 negative ions per cubic centimeter.

Health benefits of Himalayan salt lamps are tremendous. Negative ions neutralize the pollution of electronic devices such as TV, computers, cell phones, etc. Crystal salt lamps should be placed near TV, computers and especially around smoky locations. It is also great for anywhere you want to restore air quality and provide a pleasant ambience.

Himalayan Crystal Salt Lamps Emit...*

Small 6-8lbs	Max 7.5ft radius
Medium 11-13lbs	Max 9.1ft radius
Large 22-25lbs	Max 18ft radius
XLarge 80-100lbs	Max 75ft radius

* The above numbers are only estimates

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