

# Himalayan Salt (Detox)

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## What is it?

Himalayan salt is rock salt. It is naturally pink due to trace amounts of iron oxide in the salt. Variations of the salt include a reddish-pink and off-white colors. It is mined from Punjab region of Pakistan, the Salt Rang mountains situated south of the Himalayas.



Himalayan salt is similar to common table salt, although it contains higher levels of elements including calcium, iron, magnesium, manganese, potassium, aluminum, barium, silicon and sulfur. It also has a reduced amount of sodium levels. Its uses include flavoring food, slabs made into serving dishes and baking stones and salt lamps and domes.

## What are Salt lamps and domes?

Salt lamps and domes are carved out of amber-colored Himalayan rock salt. They are hollowed out, with a light bulb inside. They give off a warm reddish-pink glow. One of their main uses is detoxification.



## Properties of Himalayan Salt Detox Domes

- Anti-bacterial
- Anti-fungal
- Organic source of 84 natural essential minerals vital to health that are absorbed through the skin
- Promotes a balancing of electromagnetic energy fields in the body
- Release of negative ions when heated

## How does a Himalayan Salt lamp detox?

Information suggests two ways in which they detox. The first is *trapping particles*. The lamp attracts water molecules that carry toxins. Once the water molecule settles on the surface of the lamp, it leaves the contaminants behind through the process of evaporation. The second is the *release of negative ions*. When the dome is heated, it releases negative ions. This neutralizes the free radicals which are unstable and cause damage and aging to cells.

## Other Benefits of using Himalayan Detox Dome

- Softens and exfoliates skin
- Boosts energy
- Calms the mind
- Reduces anxiety

## Sources

<https://selectsalt.com/halotherapy/the-detox-dome-a-gift-from-the-gods/>

<https://www.webmd.com/balance/himalayan-salt-lamps>