

ABOUT ME



My name is Kayla, and I'm the one providing your reviews and giveaways here on I Heart Giveaways! I enjoy spending time reading, working, playing the occasional video game, and of course, blogging and reviewing.

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SUNDAY, SEPTEMBER 5, 2010

Review: Himalayan salt lamp from HimalayanSaltShop.com

I recently received a salt lamp from the Himalayan Salt Shop to review. What is a salt lamp, you ask? Well, a salt lamp is a lamp made of natural crystal salt mined from underground salt mines in the foothills of the Himalayan Mountains. They are orange-red Himalayan crystal mounted on a wooden base with a light inside. Not only are they beautiful, they can relieve symptoms of asthma, allergies, and other illnesses. This is because heat from the bulb causes the salt to emit negative ions, which bond with pollutants in the air (positive ions) and neutralize them. In addition, these negative ions can combat electro-smog caused by electronic devices operating in the home. These lamps work similarly to ionizers, but are a nice alternative to man-made machines (not to mention they are much prettier!).



Here is the 4-5 lb salt lamp I received for review. I have it on my kitchen counter and it is absolutely beautiful. Even in the daylight, it looks pretty because it looks like a big orange and white crystal. I think it's really pretty in the dark though! The cord has an on/off switch and when you switch it on, the small bulb inside shines through the crystal and it gives off an orange-red glowing ambience. It's bright but not TOO bright, and we've been using it as a night light. The color it gives off is very relaxing - and according to the Himalayan Salt Shop, the light falls within the upper nanometer zone (600 to 700 nanometers), which effects a reorganization of the

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epidermal layer of the skin.

We've only used it for a few days, and it definitely has made me feel calmer and more relaxed. My husband has asthma, so I hope as we use it more that it improves his symptoms.

The Himalayan Salt Shop offers many different varieties of salt lamps for sale. Many people prefer the natural shaped lamps (like I have) because they lend to nature and the environment. However, the Himalayan Salt Shop also offers several crafted shapes such as bowls of salt crystals, globes, and pyramids. They also offer bath salts and salt candle holders.



*Disclosure: I was provided with a product for the purpose of this review. No monetary compensation was received for this post and the views expressed here are my own.*

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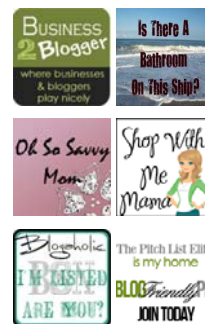
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4 COMMENTS :

eof777 said... 1  
 Very interesting product and I love the accompanying photos. Stopped by to let you know I am following you from the weekend blog hop.  
 Best,  
 Elizabeth  
 SEPTEMBER 6, 2010 12:42 AM

Amber said... 2  
 This is awesome! :)  
 SEPTEMBER 9, 2010 3:48 PM

Roseanne said... 3  
 Very cool! Have neever seen this.  
 SEPTEMBER 11, 2010 3:49 PM

Himalayan Salts said... 4  
 I have asthma too, I want to buy this lamp as many said it was a great thing to have a nice ambiance of the place and can avoid those symptoms of asthma.  
 SEPTEMBER 14, 2010 5:03 PM

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