

Subscribe to our weekly newsletter



SEARCH

National > Hunterdon Home > Himalayan Salt Lamp

Published on
September 25, 2010

My Macaroni™
Build your own list of don't miss events

Hunterdon News & Events

9/29 is Family Game Night!

Affordable Scarves

Anytime Costumes

Asher's

Bodycology

Celebrate Birthdays with
1-800-Flowers!

Kid Junction

Littlest Pet Shop

Miraclebody

Pretty Peacock

Scentsy

Spin & Go

Win Big Apple Circus
Tickets

Winners from Last Week

This Week's Picks

This Week's Calendar

Teen Scene

Plan Ahead

Auto B. Good

Bright Starts

Go Diego Go & Ni Hao Kai
Lan

Himalayan Salt Lamp

Macaroni Made

Terracycle

Tiny Tonga

National

Macaroni National Newsletter

Himalayan Salt Lamp

Giveaway

Like

Be the first of your friends to like this.



Back in August, I wrote about going to a special spa to have a salt treatment. It was heavenly! There are so many benefits to using salt as a treatment--you can use it for asthma, skin ailments, allergies, and it really is very relaxing.

So, after experiencing it in a spa setting, I wanted to be able to bring that to my own environment at home. But how on earth would that be possible? I found out about [Himalayan Salt Shop](#) and was excited to hear that they have salt lamps for home use. Himalayan Salt Shop sent me a salt lamp to try out and I was anxious to see if it would work. What I received was a very unique 4-5 lb salt rock on a wooden base, with a lightbulb inside to heat the salt. You can use it as you would a lamp, plugged into the wall. The light that emits is very soft, soothing and warm. That, in and of itself, is great because the glow is very relaxing. Warming the salt crystals acts as a natural air purifier, as negative ions are released into the air, where they bond with allergens, which hold a positive ion, therefore, neutralizing the air. Those heavier particles fall to the ground and are removed from air circulation in your home.

The larger the salt crystal you get, the more effectiveness you will have, but I found that, while not on the super intensified scale of the spa experience, it was a nice way to greatly reduce the allergens in my bedroom, where I keep the lamp. I really like the lamp and I use it every night before going to bed.

- *These lamps are made of natural crystal salt mined from underground salt mines in the foothills of the Himalayan Mountains*
- *The beautiful orange-reddish Himalayan crystal salt is mounted on a wooden base*
- *This crystal salt is hundreds of millions of years old and, as a result, has special properties and high*

SUBSCRIBE NOW!
Sign up for our newsletter

Homegrown in Hunterdon County

Fresh is Best: Eat Local!



Bonacorsi Family Farm

Apples Peaches Table Grapes Wine Grapes
New Potatoes Sweet Corn Tomatoes and More!

Pick-Your-Own Strawberries, Raspberries, Blackberries

www.bonacorsifamilyfarm.com

mineral content [Family Travel Newsletter](#)

[Family Safety Newsletter](#)

Be sure to check out [Himalayan Salt Shop](#) and find out all there is to know about the salt lamps. They also sell other products, such as bath salt crystals, candle holders, and shaped salt crystal lamps. Right now, Macaroni Kid readers are being offered a special 10% discount on only your orders when you add the coupon code **macaroni**.

Connect

Also, one very lucky Macaroni Kid reader is going to win their very own 4-5lb salt lamp, courtesy of Himalayan Salt Shop! To enter, email me at maryannj@macaronikid.com and tell me why you would like to try them. You will be eligible to win. Winner will be picked at random.

Follow Us on [twitter](#)

Find Us on [facebook](#)

Local

- [Past Hunterdon News](#)
- [Hunterdon Weather](#)
- [Hunterdon Movies](#)

GROW WITH US!
Toddler • Preschool • Elementary

Visit our beautiful 5-acre campus



ENROLL TODAY FOR FALL!

ACORN
MONTESSORI SCHOOL

908 730 8986

[CLICK HERE TO VISIT OUR SITE](#)

The Murphy Girls Sweet Shop

One of a kind cakes for your special event!



Located @ DISH Catering in Frenchtown, NJ

908-310-7393

[click here to visit our website](#)



Nostalgia Re-defined

Vintage Toys, Jewelry & Gifts

www.mishmoshbox.com • www.yourideashoppe.com

Especially for BOO!

Lurking in your nearby Target store.



angieskettlecorn.com



FOOZ KIDS MEANS
"I CAN FINALLY
PEE IN PEACE
BUT I MAY NEVER GET MY COMPUTER BACK."

www.makefunofstuff.com
-Alex, Mommy Blogger

Fooz Kids
Learn More

[HOME](#) / [NATIONAL](#) / [PRIVACY & EDITORIAL POLICY](#) / [ABOUT US](#) / [ADVERTISING](#) / [FAQ](#) / [CONTACT US](#) / [BECOME A PUBLISHER MOM!](#) / [SIGN UP](#) / [LOGIN](#)

© 2011 Macaroni Kid, LLC