



The Nutritionist Reviews

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FRIDAY, AUGUST 27, 2010

Himalayan Salt Lamp Review



I was so excited to be able to review this Himalayan Salt Lamp from the [Himalayan Salt Shop](#). My husband has his degree in Secondary Education in Earth Science and loves stuff like this. When I took it out of the package and plugged it in, he said that this is the coolest thing that he has ever seen! This lamp could go in a living room, bedroom, family room, etc. It is perfect for anyplace in the home!

Here is what the company has to say about the lamp:

- 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 mineral content
- Heat from the bulb (in our lamps) or flame (in our candle holders) causes the salt to emit negative ions
- These negative ions bond with the pollutants in the air (positive ions) and neutralize them
- Also, the newly bonded ions become heavier and fall to the ground removing them from the air circulation
- In addition, these negative ions combat electro-smog caused by electronic devices operating in the home
- Symptoms from asthma, allergies, and other illnesses can also subside from the effects of these



MY CURRENT

\$100 Hero Nutritionals Gummy Vitamins (10/26)

4 EO Bath and Body Products (10/26)

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MEET AMANDA



AMANDA-THE NUTRITIONIST REVIEWS

I'm Amanda. I have my

bachelor's degree in dietetics and am currently in my dietetic internship and working on my master's degree. After

products

- Concisely, these products cleanse the air naturally and are extremely beautiful

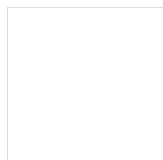


Here is a picture of it all lit up!

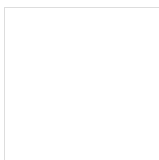
My take on it: I absolutely love this lamp. It is super easy to put the light in the lamp and it looks awesome in a bedroom. It gives enough light to see but is dim enough to be romantic. I think it is so neat that it is made of natural salt too!

Where to buy: You can purchase this lamp on the Himalayan Salt Shop website for anywhere from \$20-\$100 depending on the size and shape you want.

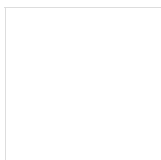
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Hint Water Review

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POSTED BY AMANDA-THE NUTRITIONIST REVIEWS AT 8/27/2010 10:21:00 AM

7 COMMENTS:



Anya said...

1

o i love these. I worked in an herbal/ayuverdic shop for a while and we sold them! you can actually buy broken up rocks and microwave them and then put them on whatever is hurting you. also put the broken up pieces in the bath. They last forever before melting!

anya

AUGUST 27, 2010 11:59 AM



Pam said...

2

We love our's....great blog and reviews...thank you! Enjoy!

AUGUST 27, 2010 1:41 PM

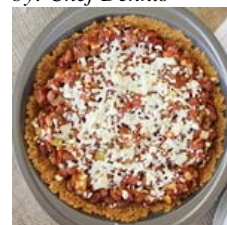
completing my internship, I will be able to take the RD exam and become a registered dietitian. I'm the wife to Troy for 2 years and and a mini dachshund lover. Welcome to my corner of the blog world. Enjoy! To contact me, please email: achernandez711 at yahoo dot com

[VIEW MY COMPLETE PROFILE](#)



Potica With Cooking Heal...

by: Chef Dennis



Vegetarian Texas Frito Pie

by: Scarletta Bakes



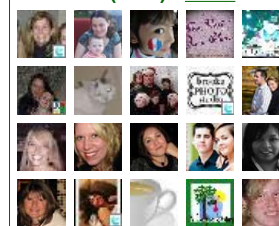
Pumpkin Cupcakes With Ci

Ads by foodbuzz

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Scented Leaf said...

3

I like this lamp, too. Is beautiful, with therapeutic effect, and acts as air purifier. Thanks for your informative post!

AUGUST 27, 2010 4:19 PM

Erinn Giblin said...

4

Thanks for stopping by Mrs. Mama Drama for Think of Me Thursday. I'm now following you back.

I can't wait to read about your tips and tricks for healthy eating habits!

Have a wonderful weekend!

Erinn @ Mrs. Mama Drama

www.mrsmamadrama.com

mamadramaboutique.blogspot.com

AUGUST 28, 2010 8:32 AM

Sherrie said...

5

Thank you so much for stopping by.

I have 2 of these lamps and love them. The look goes with almost any decor style and the light at night is beautiful!

AUGUST 28, 2010 4:45 PM

LeAnn said...

6

I have 2 of these lamps in my home. I absolutely love them. They are perfect for night lights

AUGUST 28, 2010 8:07 PM

Happy said...

7

Hi m sam parker i am a designiner and now m working on blogs i m learn about the blogs when m searching bolgs on google then i found your bolg its good for me because your bolg is very good your blogs design is very good i like it its realy help me to get an idea about how to design a blog

APRIL 28, 2011 6:43 AM

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Lots of Winners!

Giveaway: ToiletTree
Fogless Shower Mirror
(\$45 va...

Fabulous Flats Bread
Review

New Blog Button

Giveaway: \$42 Best
Organic Wheatgrass

Custom Choice Cereal
Review

We've Got Lots of
Winners!

Foodie Questionnaire

Yandy Clothing Review

Himalayan Salt Lamp
Review

Happy Friday/ WINNERS
of Cafe Don Pablo
Giveaway

Betty Lou's Review

WINNER of the My Lip

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Giveaway #23: Zehn
Naturals T-Shirt

CSN Review Coming Soon

Feelgoodz Review!

Miraclebody Jeans Review

Element Bar Review

Giveaway #22: Peeled
Snacks Dried Fruit

WINNER of the
Mangroomer Body
Shaver

Giveaway #21 \$32
NeoStrata Foaming
Face Wash (5 Wi...

Nature's Path Review

Saratoga Peanut Butter
Review

Hold A Phone Review

Giveaway #20: Lipo in a
Box (2 Winners)

Giveaway #19:
Mediterranean Snack
Food Lentil Chip...

Giveaway #18: Cafe Don
Pablo Coffee (2
winners)

Giveaway #17- 6 My Lip
Stuff Lipglosses (smells
SO...

WINNER of the Jewelry
Stylist Giveaway

Beautiful Nature

Weekend at the Farm

WINNER of the Coffee of
Hawaii Giveaway

Diet Tip Friday!

Giveaway #16: Sweetriot
Cacao Nibs

Frontier Soups Review

Saucy Mama Review

Wild n Mild Review

Supermarket Smarty
Review

WINNER of the Right on
the Walls Gift Card +
LuLu'...

Giveaway #15: Beyond the
Shaker Gourmet Salt

Clean out the Fridge
Veggie Soup + Blogging
Puppy

Budget Gadgets Review

Lily Organics Review
Private Eye Undies
Review
Stubbs BBQ Sauce Review
Dezign with a Z Review
Like my New Dress??
Pevonia Botanica Review
Eight O'clock Coffee
Review
Tasty Bite Review
3 Winners of the Cultured
Care Giveaway
WINNER of the Misikko
Giveaway
WINNER of the Trading
Phrases Giveaway + 8
hours t...
Exercise TV Review
Eden Fantasys Review
Ella Scones Review
Giveaway Ends at
Midnight
Giveaway Scout
Giveaway #15-
Mangroomer Body
Shaver \$40 Value
Favorite Foods
Sodastream Review
Crunchmaster Cracker
Review
Furry & Fabulous Review
Cafe Press Review
(AWESOME brand)
Giveaway #14- Jewelry
Stylist Tear Drop
Earrings
Giveaway #13: Coffee of
Hawaii
Emerson Creek Pottery
Review
Solavie Review
Four Things
Google Friend Connect
Yoreganics Review
Measure Up Bowl Review!
Waterpik Water Flosser
Review
Delicious Healthy
Zucchini Pizzas
WINNER of the \$25
Worth of King Leo
Candy

[Swagbucks: The Quickest Way to Earn Giftcards for ...](#)

[Raw Revolution Bars Review](#)

[Dei Fratelli Review](#)

[ECOzip Review](#)

[Sand Gone Review](#)

[No Nuttin Bars Review](#)

[Vivabox Review: Coffee Talk](#)

[Lindsay Olives Review](#)

[WINNER of the Jackie Warner Workout DVD!](#)

[Paninis and Farmer's Salad](#)

[Christi Harris Brow Planing System](#)

[ChicoBag Review](#)

[DietMinder Review](#)

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