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Holiday Gift Guide: Himalayan Salt Shop Review

2010

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When I took my daughter to her asthma specialist she suggested that one of our natural options (in addition to traditional [medicine](#)) was to purchase a [salt lamp](#). I had no idea what a salt lamp was until I learned more about it at the [Himalayan Salt Shop](#). So what is a Himalayan Salt Lamp.....? These lamps are made of “natural crystal salt mined from underground salt mines in the foothills of the Himalayan Mountains.

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According to the Himalayan Salt Shop here is how the product can be beneficial:

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

If you would like to read a more technical scientific explanation about how a Himalayan Salt Lamp works (my husband found this very interesting....) you can read the article [here](#).



The first thing that I noticed when our Himalayan Salt Lamp arrived is how beautiful it is and that it has become a focal point of conversation whenever we have a guest in our home who automatically asks us “what is that...it’s so neat.”

I can’t say one way or the other yet if our new salt lamp will help Hannah’s asthma but I do know that when she is recovering from severe attacks our doctor recommends resting in the salty air of the Atlantic Ocean to breathe in the salt air and *that* has definitely made a big difference in my experience. I am excited to give the Himalayan Salt Lamp a chance and really think it is just so unique.



Himalayan [Salt Lamps](#) would make an excellent [holiday gift idea](#) especially to try for someone with asthma or allergies to see if it works. You can view the entire selection of [Himalayan Salt Lamps](#) from the Himalayan Salt Shop online.

There is a really good sale going on right now and you can purchase a salt lamp starting at only \$19.99 depending on the size. There is lots of really good information at the Himalayan Salt Shop website so you are invited to visit and learn more.

I was not financially compensated for this post. I received a sample of the product for review purposes. The opinions are completely my own based on my experience.





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About Maureen

Maureen is a SAHM who left the [Corporate healthcare field](#) to home educate her 2, 3 and 5 year old children. She is a voracious reader for both herself & her kids and also enjoys a natural and organic lifestyle. She lives in Orlando, FL with her husband Mark, three children and 2 year old boxer, Jack.

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Comments

1. 1



Jesse says:

[March 28, 2011 at 3:05 am](#)

Himalayan salt lamps are awesome. I have 5 of them in my [own home](#). They definitely help with

my seasonal allergies, and add a peaceful glow and energy to each room they're in. They also help relieve insomnia in many cases. I keep one right next to my bed!

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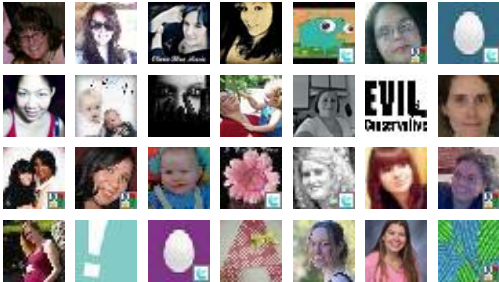
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