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How to Kick Start the Use of the Himalayan Pink and Black Salt Mix in Your Cooking

For the beginning, to change from the use of normal white salt to Himalayan Pink Salt and Black Salt Mix, begin with the following ratio of measurement:

First Bottle Pack: 10gm Black Salt and 90gm Pink Salt – mix together thoroughly and then use for your daily cooking

Second Bottle Pack: 20gm Black Salt and 80gm Pink Salt Mix and so forth by increasing the amount of black salt to 50gm and pink salt to 50gm (ratio 1:1)

This method will allow the family to enjoy the goodness of both these salt to be use in your cooking.

Himalayan Pure Salt Lamp

Description

Himalayan Pure Salt adds flavour and taste to our food. It has such amazing health benefits that it is not necessarily consumed by mouth to be able to enjoy its health benefits. You can enjoy these benefits by using it as a lamp. You can use it anywhere – in your office, bedroom, on the desk or anywhere else.

The lighted salt lamp can help to reduce the unhealthy positive ions in your environment and surroundings.

- Helps to cleanse and deodorize the air
- Helps to boost your energy levels
- Helps to neutralise electromagnetic radiation (from TV, tablets, computers, cell phones and other electric gadgets)
- Reduces static electricity in the air
- Helps to soothe and calm allergies
- Promotes relaxation and reduces stress
- Makes a great night light

Instruction to Store if salt lamp is not in use

The light must be continuous lighted to keep the lamp in its original shape. As salt absorbs water and moisture from the air, when it is not in use, please wrap the salt with some plastic cling wrap to prevent it from getting moisture and the salt lamp will start to melt.

Regular Maintenance

Every few weeks, it is good to turn off your salt lamp for an hour, let it cool and then gently rub it with a cloth to clean away trapped dust and particles. The rest of the time, just leave it on and let it work to clean the air in your room.