

# Benefits and Uses of Himalayan Salt

Himalayan salt is found in the salt mines located at the foothills of Himalayan ranges in Pakistan. Himalayan salt, often referred to as the 'Pink salt' is a package full of benefits. In olden times people used this salt commonly for therapeutic cures. Today, this salt is again making its way into the lifestyle of modern man and people just cannot stop talking about how beneficial it is.

A deeper look into the benefits of this natural salt from the Himalayas is enough to keep you wondering about mother-nature and its gifts to mankind.

It is a known fact that the pink color of the [Himalayan salt](#) is because of the trace minerals present in the salt. These minerals are extremely beneficial in numerous ways.

**Benefits of Himalayan Pink Salt**

- Contains 84 Essential Minerals
- Promotes Better Sleep
- Helps lower Blood Pressure
- Supports a healthy respiratory system & sinuses
- Boosts bone strength & prevents muscle cramps
- Acts as a detoxifier
- Promotes healthy blood sugar
- Fosters healthy pH balance

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## Benefits of the Himalayan Salt:

The medical advantages of Himalayan salt include:

- Supporting thyroid and adrenal capacity
- Helping in achieving hormonal balance
- Helping in achieving fast metabolism
- Contains 84 follow minerals essential for the body
- Helping in making enough amount of stomach acid

Everyone by now is aware of the 'good feeling' given by using the Himalayan salt. Let us investigate the details with reasons that explain the goodness of Himalayan salt and how this salt works around the human body.

### 1. **Detoxifies:**

What can be a better option to detoxify your body of the harmful toxins than something that is completely natural? Nature promises prevention and cure without damage. Himalayan salt is the best answer to all your body detoxification questions.

Salt sole is the right way to detoxify your body. A salt sole is a jug full of saturated Himalayan salt water. A teaspoon of this water early in the morning mixed in a glass of plain water is enough to get rid of all the harmful toxins, balance pH levels, boost energy and maintain hydration of the body. Science explains this as;

*Negative ions and trace minerals enter the body and suck out toxins from the cells which are then flushed out of the body.*

### 2. **Relaxes and Alleviates Stress:**

Stiff muscles? Tired body? Cramps? A Himalayan salt bath is what you need. A bathtub filled with warm water mixed with a handful of these miracle salt crystals is bliss to imagine. This salt bath not only relaxes body muscles but also rejuvenates the lost energy.

Himalayan [bath salt](#) is full of beneficial minerals. These minerals when absorbed in the human body through the bath soak play magic. They help to fight acne, lighten away scars and blemishes, help in healing the skin and make it smooth and glowing and relax tensed muscles.

Next time when you plan a bath soak, replace Epsom salts with Himalayan salt and feel the difference.

### 3. **Speleotherapy:**

Speleotherapy is an alternative therapy which literally means a therapy that is carried out in caves. This therapy calls for people with respiratory diseases to breathe in the natural air of the salt caves. The temperature in these caves is stable, the air is free from all the airborne pollutants and air pressure is higher than the ground level. All these factors are added together to make ideal conditions for people suffering from respiratory issues. This treatment is completely free from the use of any medical treatment or drugs.

Since it is not possible for everyone to access the salt mines and benefit from speleotherapy,

salt inhalers and aerosols are readily available in the market. They work and benefit in an equivalent manner as salt caves.

#### **4. Nasal Irrigation:**

Nasal irrigation is another alternative therapy that uses the beneficial pink salt. This therapy is used to treat sinus inflammation and clear out the sinus and nasal tract.

The basic idea involves entering saline water through one nostril and flushing it out through the other. The saline water carries with it all the irritants and treats inflammation if any in the nasal tract. Since it clears out the tract of the irritants, so the body gets a chance to heal by itself.

Studies show that nasal irrigation in children has alleviated the symptoms of nasal irritation and lessen the dependency upon medicated nasal sprays. This therapy can also be helpful in preventing common colds.

#### **5. Air Purifier:**

If you observe the air in your environment closely, you will understand the reason behind all the respiratory diseases you have been suffering from over the past many years. The air around us, particularly in busy cities, is full of pollutants. Air purifiers have hit the markets for our rescue but why go for something that is man-made when we have a natural solution.

Himalayan salt lamps not only give your place a chic look but also help in purifying the air of all the impurities. These salt lamps attract moisture which brings with it all the pollutants present in the air. Due to the heat of the lamp, this moisture is evaporated which releases negative ions that neutralize the pollutants and toxins in the air



**Different Ways to Use Himalayan Salt**

- Salt Therapy
- Himalayan Bath Salt
- Salt Licks For Animals
- Salt Cooking Block
- Salt Lamps for Home Decor

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## **Different Ways to Use Himalayan Salt:**

Simply put, Himalayan salt can be used in three ways to get benefited from it:

1. Oral consumption
2. Salt bath
3. Breathing in the salt purified air

Uses of Himalayan salt are not only restricted to cooking. Himalayan salt can be used in a number of different ways.

### **Salt Blocks:**

The most common use of Himalayan salt in the kitchen is to use it for seasoning the food. But it can also be used for cooking the food when used in the form of a cooking block.

A natural salt block might not be a great idea to be swapped with your state of the art cooking range or serving platters in the kitchen in daily routine, however, it is a great choice when you want to try something different and healthy.

There are a number of reasons getting hold of these beautiful pieces before the next gathering at your place such as:

1. [Himalayan salt blocks](#) have a crystal lattice with a high specific energy. This makes them hold their temperatures for long periods of time hence making them ideal for cooking or serving.
2. The salt blocks have a low porosity with almost negligible moisture trapped in them. This lets the blocks reach extreme temperatures without any damage. This is yet another characteristic which makes them ideal for use in the kitchen.
3. The melting point of this salt touches a whopping 800.8 degrees Celsius.
4. The salt slabs are structured in such a manner that their contact with food is minimal. This ensures the food doesn't get too salty.
5. These salt blocks contain trace minerals. These minerals are already present in the human body and are necessary for the functioning of the body. Food cooked or served on the salt blocks gets infused with these minerals along with the salt and is full of minerals plus the extra salty 'kick'.

Himalayan salt cooking and serving blocks can be used in the following ways:

**Salt pieces** – When utilized as serving platters, the chunks will bestow an improved salt taste and mineral substance. Use chilled to serve sushi, vegetables or cheddar.

**Frozen:** Chilled salt slabs can be used to serve cold pastries and sorbets.

**Warmed:** Utilize the blocks to cook vegetables, shrimp, fish filets or daintily cut meat or even to sear an egg. The thick salt squares disperse heat evenly that ensures cooking with uniformity. The best part is that Himalayan salt is normally hostile to microbes, so tidying up requires only a snappy clean or flush.

### **Decoration:**

Salt blocks and lamps can be used in compartments, as a stylistic theme, precious stones and decorative pieces to light up an otherwise dull environment.

## **Himalayan Salt Detox Shower:**

Toss in the tub for a detoxifying Himalayan salt shower. The recharging salt grains relieve sore muscles. Washing with pink bath salt, rich with 80+ sustaining and skin-renewing minerals, is amending and restorative experience for brain and body. A salt shower helps draw out poison

profoundly washes down the skin, and cleanses the body enthusiastically. For the most dominant detox result, make Himalayan salt "brine water" for the shower: use 1-2 pounds of Himalayan salt dissolved in a hot bath.

## **Potpourri Holders and Essential Oil Diffusers:**

Beautifully shaped salt lamps can also be used as oil diffuser lamps and holders for potpourri.

## **Salt Therapies:**

Salt inhalers and salinizers can even be used in combination for optimum health benefits. The salinizer can be set up near the bed to benefit from it while sleeping at night. The only condition is to set it up in a closed environment and with the vents facing you, so the minuscule salt particles can be inhaled.

Other than these two methods of salt therapy, salt is being used in a number of other therapeutic ways.

- Neti pot: Also called nasal irrigation. This method involves salt water to be inhaled from one nostril and drained out of the other. The saltwater clears away the sinuses and relaxes the track.
- Crenotherapy: This involves the consumption of salt water called the sole.

## **Salt Licks for Animals:**

Himalayan salt is used as [lick salt](#) for animals as it helps them in bones growth and muscle strengthening. It also attracts animals to the land in case you want to set up a hunting spot.

## **Beauty Benefits:**

Himalayan salt is being used in a lot of facial masks and scrubs. The salt granules help in removing dead skin cells leaving behind smooth and youthful glowing skin.

With so many uses and benefits, Himalayan salt deserves to be at the top of your grocery list for the next month.