

GENUINE HIMALAYAN BATH PRODUCTS

Himalayan Bath Salt

Relax, detoxify, re-mineralize, soften, and balance your skin in these natural bath salts containing 84 natural minerals and elements that match the human body's chemistry.

The restorative and cleansing powers of these bath salts have been equated to 3 days of healthful fasting. On the day of the new moon, the body's detox potential is at its peak. On the day of the full moon, the body's potential is at its greatest to absorb the most nutrients and minerals. Many people who are ill or feeling fatigued find this bath to be wonderfully restorative to their well-being. Also aids in healing of many skin conditions.

Directions: Hydrate your body by drinking a couple glasses of water. Prepare bath by pouring (1) cup of salts into running hot (Temperature 100-105F) water. By the time the bath is full, the salts should be dissolved. Relax and soak for 15-20 minutes. No time for a full bath? A foot bath can relax those tired, aching feet and helps to detoxify your entire body. Dissolve 1/2 cup of salts in up to 2 gallons of (100-105F) water in a container just big enough for your feet. Enjoy soaking for 15-20 minutes. Don't be surprised if the water turns a dingy, dirty color. These are the toxins that have been pulled from your body. After your revitalizing bath, air dry and rest for 15-20 minutes.

Aches and Pains? Soak a clean hand-towel in warm dissolved salt water (scale as necessary the proportion of 1/4 cup salt to 1/2 gallon water) and place on any area of your body that is aching or sore. Cover the wet compress with another dry towel and allow your body

to absorb the wonderful essential minerals and elements found naturally in the salt. Leave compress on for 15-20 minutes.

Deodorant Bar

Soften and re-mineralize your skin while balancing its pH with this all-natural salt bar from the Himalayas. The chemical composition of the salt also destroys the odor-causing bacteria living on your skin.

Directions: Dampen and glide or gently pat damp bar on underarms or feet. Do not rub! No drying is required. One salt crystal lasts months, depending on your use.

The deodorant bar may also be used over the whole body to improve skin, but should not be applied directly, as the minerals are scratchy and may damage skin. Instead, wrap the bar in a wet washcloth and use the cloth to wash your body in the shower or bath. No rinsing is necessary. Your skin will feel soft and clean!

84 Mineral Body Salt Scrub

Natural, lightly scented scrub contains only pure ingredients, including Jojoba oil, coconut oil, ylang-ylang and bergamot essential oils, and salt crystals containing 84 naturally occurring minerals. This product exfoliates dead skin cells, moisturizes replenishes, balances pH, and detoxifies the body's largest organ, the skin. After only one use, you will notice an increase in circulation and a natural healthy glow to your skin.

Directions: Stir before use. Apply approximately 1 teaspoon to clean body with fingertips in a circular motion while dry in the shower. Rinse clean and gently pat dry. Should be used on whole body at least once per week, and may be used more often for rough patches like heels or elbows. Not recommended for freshly shaved skin, as the salt will cause irritation and discomfort.

Cleansing-Healing Clay Masque

This masque is a unique and natural blend of our Sole (pronounced so-lay) salt solution that contains 84 natural minerals and elements which match the human body's chemistry. The masque also contains magnetic, calcium bentonite (also called pascalite), a volcanic clay that has been used for generations by Native Americans for health and healing. When combined, these ingredients produce a detoxifying, deep-cleansing facial masque that draws out impurities and rejuvenates the skin, while simultaneously healing a wide array of skin conditions.

Directions: No need to stir; just apply a thin layer to skin after washing and before astringent. Allow to dry for 10-15 minutes (you will feel a slight tightening sensation) and then rinse off with warm water. Gently pat dry and follow with any moisturizer you normally use. May be applied to face daily; is recommended for use at least twice a week.

A tiny amount of healing clay may be applied to blemishes overnight and does not need to be rinsed until the morning.

For healing use, apply clay to area of damaged skin, keeping it moistened by covering the wet clay pack with plastic wrap and a loosely applied covering to hold the wet pack in place. May be left on overnight.

Himalayas Salt Lamps and More™

240 W. Main St.

Mesa, AZ 85201

East of Country Club

Next to Best Western Hotel

Phone: (480)570-9248

Hours: Mon.-Sat. 10:30 am - 6 pm

WEBSITE: www.TheSaltLady.Com

EMAIL: TheSaltLady@cox.net

The FDA has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease. If pregnant or under medical supervision, it is recommended to consult your physician before using this product.

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