

# HIMALAYAN SALT LAMP BUYING GUIDE

Himalayan salt crystal lamps are extremely beautiful accents to any home. When we here at the Himalayan Salt Shop decided to market these items, we initially did so simply because we found these products to be visually stunning. It wasn't until after speaking to those who introduced us to these lamps and candle holders that we were informed of their potential health benefits.

According to various sources, Himalayan salt crystal lamps can benefit you in the following ways:

- Heat from the bulb or flame 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

We are not scientists and cannot say with certainty that these reported characteristics are absolutely true, but neither can we dispute them. We have received many calls and emails from customers insisting that many of their allergy and asthma symptoms, even sleep apnea disorders, have subsided after having purchased a lamp. Once again, we are attracted to the aesthetic beauty of these natural products, but we are also intrigued by what we are hearing from our customers.

## Color

Salt colors run in veins deep inside the foothills of the **Himalayan Mountains**. The typical vein colors are white, pink, orange, and red. Therefore, the color of a Himalayan Salt Crystal Lamp depends on what vein it was mined from.

The following is important to remember:

**White** salt lamps are rare. Some people like white lamps because of their rareness and also because they emit maximum light. Others find them too bright and feel that they lack the milder ambience of the more common darker shades of Himalayan lamps.

**Pink** salt lamps can be attractive, but beware if the lamp is too light of a shade of pink and if it is brittle and/or if it has dark or black marks on it. This can be an indication that the lamp is mined from an inferior section of the earth and not from the foothills of the Himalayan Mountains. Stay with darker shades of pink, as it is typically an indication of a better lamp.

**Orange** salt lamps are usually the favorite among individuals. They seem to emit the warmest glow. They are not too bright and not too dark and are usually a sign of a quality crystal. They typically represent the perfect balance in a lamp.

**Red** salt lamps can be attractive, but if they are too dark, they can block most of the light of the bulb and take away from the attractiveness of the lamp. Let it be known, however, that some people prefer darker lamps for their bedroom, so they are not disturbed by the light when they sleep and they can leave it on all night to enjoy its ionizing effects.

**White** - represents healing, cleansing, and detoxification  
**Pink** - stimulates emotion, love, and sense of partnership  
**Orange** - helps the nervous system and activates the kidneys and bladder  
**Red** - promotes circulation and activates the heart

## Selenite Info

Selenite removes energy blocks, particularly from the physical and etheric bodies. It can also remove energy blocks in the bodies of other crystals and stones. This makes it excellent for enhancing the properties of other stones and for clearing and charging them. It is also an excellent stone for protection grids, as one visitor pointed out. Selenite is a stone of love, which on the surface may seem odd. Its properties of mental flexibility and honesty help maintain a loving relationship comfortably and with ease. It also brings harmony and inner peace which allow for recognizing love and acting in a loving manner.