**12 Key Ways You Can Benefit From A Himalayan Pink Salt Lamp**

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**Himalayan Salt Detox**

Enhances purification and cleansing as toxins are released from the body and the Himalayan salt's 84 naturally occurring minerals are absorbed. A good sweat can reduce pain, clear up skin, rid the body of pollutants and lead to an overall better mood.

**Health Benefits of Salt Lamps**

**Great Ambiance** – Salt lamps can provide you with a warm and cozy ambiance. This can give the area a welcoming feeling to reduce tension and stress from the atmosphere. It makes sure you are able to feel relaxed.

**Purifies Air** – When you use these lamps in your home, the pollution in the air can be easily purified. This makes sure the air you breathe is completely clean and pollution free. The air is also free from any toxins that may harm your body.

**Less Exposure to Positive Ions** – Negative ions released by Himalayan salt lamps can also counteract positive ions released by electrical equipment such as television sets, computer monitors and many other appliances. Due to this, the air in your home is free from positive ions that may cause health problems.

**Promote Clean Air** – If you use these lamps in your home, you are able to clean the air from bacteria, molds, viruses and allergens that cause asthma and other health problems. This makes sure your family members breather clean air. It can have a major impact on your overall health and fitness level.

**Free from Stress** – The negative ions released by salt lamps make a person feel more relaxed. You will be free from stress. In addition to this, these lamps can also decrease the feeling of anxiety and nervousness that may be caused by exposure to positive ions. When you place these lamps in the bedroom, they promote better sleep at night. This can be helpful for people suffering from insomnia.

**Keep Air Free from Free Radicals** – Himalayan pink salt lamps can keep the air in your home free from free radicals. These have been known to cause cancer and other severe health problems. The lamps can absorb the moisture in air, and release negative ions that purify the air. Thus, the air in your home is free from damage causing toxins and other such elements.

**Helps with Digestion** – According to studies and research, salt lamps help a person with digestion. Thus, they increase your appetite, and make sure you are able to gain weight without experiencing any problems.

**Cures Asthma and Allergies** – Due to negative ions, salt lamps can cure a wide range of health problems, including asthma and allergies. In addition to this, they also cure many different respiratory problems and provide you with some relief. Thus, you are able to enjoy good night’s sleep.

**Cures Sinus Inflammation** – During high humidity, a lot of people suffer from sinus infections. Himalayan pink salt lamps make sure inflammation in your sinuses gets reduced, and you are able to breathe properly.

**Strengthens Immunity** – Most healthcare experts report that Himalayan salt is rich in a wide range of minerals and essential nutrients. Due to this, Himalayan salt is able to strengthen your immune system, and makes sure your body is able to fight off infections.

**Reduces Acidity** – Himalayan salt releases negative ions, and contains “basic” properties. Due to this, it is able to reduce acidity, and help prevent gastrointestinal problems. This has been validated by numerous studies and research.

**Environment friendly** – According to experts, Himalayan salt lamps do not have a negative impact on the surrounding environment. Both white and brown salt are eco-friendly in implementation and production.

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