



The Original Certified Himalayan Crystal Salt



Himalayan Crystal Salt is mined by hand from deep below the famous mountain range. Formed and refined by millions of years of geological pressure it is easily broken down and absorbed by the body.

It contains a staggering 84 minerals and trace elements that our body need to maintain our health.



Himalayan Crystal salt contains many hidden health benefits:

- The distinctive rose pink colour of the Himalayan Salt comes from the high mineral content of the salt, such as iron, potassium and magnesium, which are all vital for maintaining health.
- It is of the purest, highest grade salt that has been formed for over 250 million years without exposure to pollution.
- It is essential for maintaining healthy functioning of the cells, nerve conduction, digestion, absorption and elimination of waste products.
- It also helps to balance the body's pH levels, and can lead to significant positive changes to respiratory, circulatory and nervous system functions amongst others.

When Water and Salt merge, a new dimension is created – the Sole

How to prepare the Crystal Salt Sole Drink



The Healing Effects of Sole (So-ly)

Sole-drinking therapy restores the body's natural frequency pattern and can hold this vibration for over 24 hours.

Sole balances the acid-alkaline imbalances and normalizing the blood pressure. Sole also weakens addictions.

Sole dissolves and releases crystallized deposits, the cause of rheumatic diseases and kidney and gallbladder stones.

How to prepare the Sole for Eye Wash



Sole Eye Baths can alleviate the problem of dry eyes typically caused by long periods spent in front of a computer or TV, in air conditioned environments or if the body isn't well hydrated. It also alleviates the irritation to the eyes caused by hay fever, relieves eye strain, combats age-related vision concerns and performs eye cleansing. The salt helps to bind the water, allowing the eyeball to regain its natural form.

Other treatments from Himalayan Crystal Salt



Sole Wrap



Deodorant Stick



Salt Cushion



Salt Bath



Nasal Rinse



We are the UK Sole distributor of this Original Certified Himalayan Crystal Salt

If you would like to find out more information on the Natural Salt therapy or being our dealers, please contact Lifewater Healthcare Ltd (UK) or

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