



# THE BLACK TAI SALT COMPANY

## Salt Crystal Lamps - Nature's Air Purifier

*We spend most of our lives in enclosed places. Our frame of mind and physical condition depends upon the composition of the air that we breathe. Air is electrically charged, which means it contains in definite proportions, positively charged molecules (positive ions) and negatively charged molecules (negative ions).*

### Negative Ions clean the air of:

Dust, Pollen (grass, weed and tree pollen), Animal Dander, Smoke, Odor, Mold Spores

### Negative Ions help relieve symptoms of:

Hay Fever, Asthma, Seasonal Affective Disorders, Depression, Chronic Fatigue

### Ionizing Air:

Apart from their aesthetic beauty salt lamps are also reputed for a variety of beneficial effects like ionizing air in a room & humidity reduction.

### Affects on Our Health:

Salt Lamps have been used as natural treatments for: Rheumatism, Allergies, Respiratory diseases, and Migraines.

### Best Places for Salt Lamps:

In the house, for the Office and Computer Users, Meditation, in Massage rooms, Natural Health Practitioners, for Psychiatrists, for Allergy Sufferers

## Light Therapy

Light is important to mental well being. According to medical research light therapy is a common treatment in the North Countries where one finds high rates of depression that are related to the long winter nights. Salt lamps can be used for light therapy and they can be used to adjust our emotional conditions. Salt comes in a very useful spectrum of colors that create different moods So you can choose one or more to fit your current condition Red is the Provocative color that boosts your vital forces and gives you an energetic outlook on life. Apricot is said to help you overcome emotional blocks, improve open mindedness and increase vital energy. Orange is supposed to aid relaxation and improve body harmony. It is also said to be very helpful in overcoming stress, and nervous shock. It is also supposed to increase creativity. White brightens your outlook and has a calming effect that helps you concentrate and enrich your emotional life.

### Care of Lamps:

If the lamps should get wet, just use it as you normally use (with the candle lit) or switch on (if bulb is in it).

### How to Clean your Salt Lamps:

Wipe the lamp with a damp towel or sponge in order to remove dust.

### Warning:

**KEEP OUT OF REACH OF CHILDREN.** Always unplug the lamp before changing the bulb to prevent electric shock. Do not keep the candle on unattended