

Himalayan Salt Inhaler

Humans have been using salt for therapeutic uses for thousands of years. Anyone who has spent a day at the ocean knows that salt-filled air has something special about it.

As you breathe through the inhaler, moisture in the air absorbs soothing micron-size salt particles into your respiratory system. This Safe, **100% natural** breathing remedy helps relieve symptoms of asthma, hay fever, congestion, colds and allergies.

Unlike steroid inhalers and other pharmaceutical drugs, this therapeutic approach offers **absolutely no negative side effects**

Health Benefits of Salt Inhalers

1. Helps with Sinus Ailments

Salt inhalation therapy has been used to boost overall respiratory strength and lung capacity. Studies from the 1800's found that breathing pure, ionized (salted) air in salt mines could help reduce respiratory problems and the general irritation cause by smoking and air pollution.

2. Supports Harmful Organism Cleansing

Himalayan salt has been used as a cleansing agent against harmful organisms. It is a commonly used holistic health practice to help individuals with respiratory difficulties, and may even work better than some of the commonly prescribed options for these conditions.

3. May Help Reduce Swelling and Redness

Crystal salt helps reduce redness and swelling, aiding in the body's ability to fight off responses that lead to deterioration in the body over time.

4. Detoxifies Air

We breathe in a shocking amount of chemical pollutants, smoke, dust, smog and pet dander. Our lungs are under constant stress from air pollution. Similarly, many smokers have found comfort in using the Himalayan salt inhaler, as it helps reduce withdrawal symptoms associated with quitting.

5. May Help Lower Blood Pressure

High in the mineral potassium, the Himalayan sea salt inhaler may also aid in stabilizing blood pressure.

6. Deepens Breath Capacity and Promotes Mental Calmness

Given its ability to increase the body's natural ability to breathe deeply, a salt inhaler may provide a variety of psychological benefits. The ability to breathe easily promotes the body's own natural relaxation responses.

7. Aids in Promoting Sound Sleep

Using a Himalayan salt inhaler is believed to help people breathe better at night. It may also reduce or eliminate night coughs, snoring, and breath-related sleeping conditions.

8. May Help Reduce Mucus Build Up

Salt is a natural cleansing expectorant, and can aid in reducing excess mucous and general nose and throat stuffiness.

9. Moisturizes Dry Mucous Membranes

A crystal salt inhaler is great for taking aboard an airplane, as the salt hydrates the respiratory system while we travel.

How to use your Himalayan Salt Inhaler:

Take the salt inhaler pipe and place it in your mouth. Breathe in normally through the mouth, and exhale through the nose. Do not add water, the inhaler is for dry therapy only. Do not shake.

To clean, wash the outside of the mouthpiece with warm salt water. Recommended for one person, but can be shared by family members.

Recommended use is 15-25 minutes per day for best results. Benefits can also be realized even if this time is divided into 5-minute increments throughout the day.