

Designed 4 Life (D4L)  
 525 w. 14<sup>TH</sup> St. Long Beach, Ca 90813  
 www.visitD4L.com  
 Ph 562-256-9335 n 9336

# Himalayan

## Natural Crystal Salt Gift

### Product Features

1. This product makes for a unique and beautiful gift.
2. Our natural shape salt lamps are sold by weight, not by size. Natural shape lamps are sometimes tall, sometimes shorter and unique in shape, yet still in the same weight class.
3. Premium quality unique salt lamps from the finest salt crystals from foothills of the Himalayas.
4. There is no salt in the world that compares Himalayan salt in purity and color.
5. Hand carved to retain unique natural look & beauty of salt crystals, so no two crystals are alike.
6. Heating the salt with a bulb or a candle creates an effect similar to an ionizer. This ionizing effect has many healthful benefits.
7. Heat of light/flame is dissipated within the salt, making the outside cool to the touch.

### Benefits of Rock Salt Lamps

Some of the more dramatic claims include migraine headache relief, enhanced serotonin levels in the blood, reduced severity of asthma attacks, immune system enhancement, and reduced vulnerability to colds and flu's. ***There is hard science to suggest that they're true.***

However, in an effort to avoid hyperbole and scientific debate, here is what we can tell you for sure:

1. They will release negative ions into the air.
2. They will purify the air.
3. It's relaxing appearance will help you rest and reduce stress.
4. It will help relieve asthma, sinus and allergy symptoms.

### Where to Use Salt Crystal Lamps

Some ideal applications include:

- Office/cubicle
- Allergy/sinus condition sufferers
- Children's night lamp
- Convalescents
- Romance/mood lighting
- Hospital rooms
- Hotel rooms
- Environments with pets, high pollen counts, smoking, or other atmospheric inhibitors.

### Directions for Use

1. Keep in a dry environment.
2. In damp or humid conditions Turn lamp on for a few hours to let it dry out.
3. You may use a slightly moist soft cloth to clean your lamp. That will not be necessary very often, and when you do, a soft cloth is fine.
4. Do not turn the lamp ON/OFF with wet hands.
5. Do not use outdoors.
6. Always keep your Salt Rock Products on a placemat or coaster. Salt sweats with use and could cause damage to finished furniture.
7. A small night light bulb fits and looks best in smaller lamps and larger chandelier bulbs fit best in larger lamps. Watts should be used as follows: A. 15 watts for a small and medium lamps (between 3-11 lb) B. 15-25 watts for a medium lamp (between 7-25 lb) C. 40 watts for a large lamp (between 25-50 lb) D. 40-60 watts for an X-large lamps over 55 lb

### FAQs

#### What are "negative ions"?

They're oxygen atoms with an extra electron. Ions are charged particles in the air that are formed in nature when enough energy acts upon a molecule such as carbon dioxide, oxygen, water, or nitrogen to eject an electron from the molecule leaving a positively charged ion. The displaced electron attaches itself to a nearby molecule, which then becomes a negatively charged ion. In fresh country air it is common to find up to 4000 negative ions per cubic centimeter. By contrast, it is common to find that the number of negative ions in major capital cities at rush hour is less than 100.

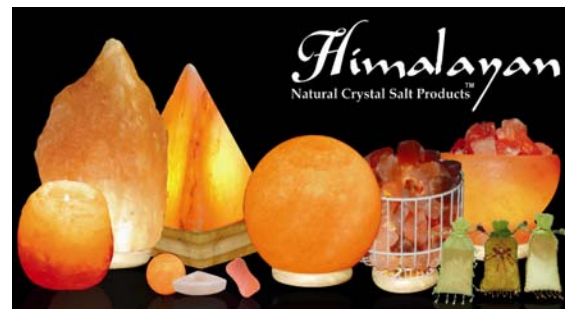
#### What are the effects of negative ions?

They cause harmful microscopic -particles (particulates) in the air to clump together and weight them down to the floor. Particulates include all forms of air pollution (smoke, chemical odors, carbon monoxide, bacteria, viruses, mold, etc.) Negative ions in the environment create a powerful antidote for many environmentally-induced health issues, such as allergies, respiratory ailments, headaches, infections, and the like.

#### What causes negative ion depletion?

Many things. Essentially, any high concentration of polluted, static, or hot/dry air is depleted of negative ions. Examples of specific culprits include:

- fluorescent lighting
- high concentration of electronic equipment
- static producing fibers



- air conditioners
- electric heaters and other heating systems
- many plastics
- older TVs and monitors (CRTs)
- airflow through furnace ducts and HVAC systems.

#### What size must a salt lamp be to give the best results?

A rough rule of thumb is 1 pound for every 10 square feet you would like to cover. Here's what we would recommend:

Room Size	Lamp Size
Cubicle/office	4-6 lbs.
10' x 10'	7-11 lbs.
10' x 15'	12-15 lbs.
10' x 20'	16-23 lbs.

For optimal results in large rooms, several lamps should be strategically placed throughout the space.

#### What therapeutic uses of crystal salt are there?

**Speleotherapy** is the use of conditions unique to caves and mines to treat respiratory illnesses. It originated in Poland in the 1950s when it was noticed that salt miners rarely suffered from tuberculosis. It is a common treatment in eastern and central Europe, but almost unknown elsewhere.

The most well-known hub for speleotherapy treatment is the Ukrainian Allergologic Hospital in Solotvyno. The hospital is located nearly 1,000 feet below the earth's surface in a former salt mine. Its staff reports a 90% effective rate in reducing asthma symptoms for up to three years.