

The story of Himalayan Salt starts many thousands of years ago... As the waters slowly receded from the primal sea, deep deposits of the original life source remained buried deep within the foothills of the Himalayan Mountains. Today, this ancient Himalayan Salt is hand-mined to bring you the purest form of nature's elements-the same elements found in your own body. Himalayan Salt is 100% natural salt in its rawest and highest quality form.

Ingredients: 100% natural Himalayan salt.

Directions: *For a bath soak*, dissolve one or two handfuls of salt under warm running water and soak for 30 minutes. Or, for added benefits, you can use up to 2.6 pounds of Himalayan Bath Salt. Do NOT rub dry after the bath. Gently pat your skin and allow your body to air dry.

For exfoliation, take a small handful of Himalayan Bath Salt and add a small amount of water. Work the mixture into a paste and smooth it over your skin. Rinse and pat dry.

DR. MERCOLA®
HEALTHY HOME



HIMALAYAN BATH SALT

naturally pure crystal bath salt

Net Wt 17.6 oz (1 lb 2 oz)

Benefits of Himalayan Bath Salt

- Removes dead skin cells
- Smooths and softens skin
- Restores skin's natural moisture
- Promotes clear, healthy skin with natural salt

Uses: This product is an excellent exfoliant. It is widely used in spas for salt baths and salt scrubs. Used with fragrant oil, it is great for aroma therapy as it promotes deep therapeutic relaxation.

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