HIMALAYAN SALT LAMPS - QUESTIONS AND ANSWERS

Q: Do Salt Lamps reduce in size or lose their ionising effect over time?
A: No, as long as you do not place them in water, over time Himalayan Salt lamps will not reduce in size or lose their ionising effect. Please see the following page for placement and care information.

Q: How do they ionise?
A: Crystal salt is one of the few minerals whose atomic structure is bound electrically, not molecularly. This characteristic of the mineral structure enables the crystal to change back and forth from crystalline to liquid state.

The gentle heat of the lamp in the salt crystal creates a higher surface temperature than the surrounding air. This attracts the water molecules in the cooler surrounding air. The natural humidity in the air condenses on the crystal's surface. This enables the electrically bound sodium chloride mineral to split into independent (positive) sodium and (negative) chloride ions.

This natural ionisation creates an electric charge. After the water molecules evaporate again, the sodium and chloride ions turn back into their crystalline mineral form. When the sun heats up our largest natural salt solutions, the oceans, it generates the natural energy vibration of which our entire global environment consists. Salt crystal creates exactly the same natural energy field.

Scientifically speaking, this natural ionisation process takes place millions of times, invisible to the eye and without any influence to the quality of the crystal. Similar to the concept whereby tree leaves absorb dangerous dioxides and transform them into essential oxygen, without damaging the plant.

The atomic structure of crystal salt contains more negative, chloride ions than positive, sodium ions which result in the emission of negative ions during the natural ionisation process. Negative ions become dust collectors, attaching themselves to positively charged dust particles and cigarette smoke, purifying the circulating indoors air from dust, bacteria and pollutants.

Q: What size must a Salt Lamp be to give the best results?
A: For a room size of 20 square metres, a lamp of about 2.3kg, for 30 square meters 3-4kg, 44 square meters a lamp of about 4.5-5.5kg, for 70 square meters 7-9kg to get the optimum result.

You can use several small lamps or tea lights instead as long as they amount to the same respective weight.

Q: Should I keep my Salt Lamp on all the time?
A: To get the best effect, keeping the lamp on as long as possible is recommended. Leaving any electrical unit unattended is not advised.

Q: Does the electric bill go up if the lamps stay on all the time?
A: The Lamps come with a 15 watt bulb and from my experience with them; I have not noticed the electric bill go up, even with several of them staying lit all the time.

Q: I have tasted salt on my lips by having the salt lamp in my house, is this normal? I actually love it and feel like it has helped me lose weight and have much more energy.
A: We have had a few people tell us they can taste salt. This is a wonderfully refreshing by product of the salt lamps.

Q: I was wondering if you have any studies that detail the quantity of negative ions the lamps produce depending on the size and light.
A: Every lamp emits negative ions. Depending on the size, and how each lamp heats, it produces a different amount of negative ions. Each lamp heats differently and thus producing different results. We recommend larger lamps, or several smaller lamps, for larger spaces.

Q: I received a gift of one of your beautiful Himalayan Salt Lamps and am wondering why it has to be lit to emit negative ions. Whether found in the Himalayas, or elsewhere, they are not lit in their natural surroundings and they are said to have the same great health effects. Also, will they work as well with a 4 watt globe or with the newer energy efficient globes currently available?
A: Our Lamps have been tested lit and unlit by two separate testing devices. Lit and unlit they produce negative ions. When lit, the negative ion count and energy has shown to be much higher.

The emission of ionisation is primarily caused by the alternating actions of the salt's ability to first absorb water, and then evaporate it. To explain this more precisely, the heated salt crystal attracts the water molecules from the ambient air to its surface. The salt goes into a solution as it mixes with the water molecules. Sodium, as the positively charged ion, and chloride, as a negatively charged ion, becomes neutral and are emitted back into the environment.

Yes, using a lower wattage globe is fine and recommended for sleeping with the lamp at night.

Energy efficient globes can be used if the correct size is available.

Q: Is it safe to have the lamp on all night while I sleep on the night stand? This is my first salt lamp.
A: We do recommend leaving the lamp on as long as possible. Just like any electrical unit, leaving it unattended is not advisable.
The Universe Within Us

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The most convenient and environmentally friendly way to add healthy negative ions to your own environment is to use natural crystal salt lamps. Not only do our customers find the light of our salt lamps to be quite soothing, but the negative ions given off by the lamps are the same wonderful ions we smell in the air after a thunderstorm. These ions have a refreshing and energising effect, helping to purify the air and thereby benefit the people and pets breathing that air. Salt lamps are being used worldwide in holistic spas and medical treatment centres for various respiratory conditions.

You can do what I do, and have a lamp on in the bedroom during the evening, and when I go to bed I put a 9 hour tea light candle into my Himalayan Salt Tea Light Lamps. They burn safely on the bedside tables while I sleep. As the flame is set down within the Tea Light Lamps they are relatively safe. Leaving a candle burning is not recommended if there is a possibility the Tea Light Lamps could be knocked over by children or pets, or if curtains etc may blow into the lamp and on the flame.

Please consider safety first before using any electrical - or flame - product.

Q: How and where can I use my Salt Lamps?
A: Simply plug in and turn on your lamp in any rooms that you have a lot of appliances or want to improve the air quality. For example:
- Place in the bedroom to counteract dust that may cause asthma, allergy, or other respiratory symptoms.
- Use in your office to counteract emissions from computers and monitors etc, to help increase concentration, boost work productivity and reduce fatigue.
- Placing in the lounge or family room keeps the air fresh and clean to produce a relaxing harmonizing atmosphere
- Use in therapy or waiting room to create relaxing stress free area to reduce fatigue and or anxiety
- Place it near someone suffering from allergies and/or sinus problems.
- Keeps the air fresh and clean in any room
- Use it as a comforting lamp by your child’s bedside or for someone who is unwell and confined to bed.
- For use in any room you would like the quality of air improved. The wonderful glow of crystal adds a beautiful harmonising ambience while it works it health magic.

Q: How do I care for my Salt Lamp?
A: These Himalayan salt lamps are rock like in structure and are very durable. By following a few simple steps you can keep your salt lamp looking great for many years. The lamps ionising effect will never end while plugged in.
- Cleaning — if your lamp becomes dusty, gently wipe down with a damp cloth. Don’t wash with water as it dissolves the salt.
- Placement — any room that does not have excessive moisture will be suitable. Eg: not the bathroom, near an evaporative air cooler vents, fish tank etc, or outside. If you see your lamp looking damp as it has been absorbing water due to incorrect placement or if you live in an extreme humid area, unplug it immediately and place it outside in the warm sun (or in front of a heater) until it has completely dried and safe to use again. Then choose a more appropriate placement for your lamp. Or if you live in an extreme humid area, keep it turned on for longer periods of time.
- When not in use — Store is a plastic bag to stop the lamp pooling water, and include a silicon gel sachet.
- Don’t place on the top of a television or electrical appliances. Nearby is better suited.

Q: How do I change the globe?
A: Just pull the cord out from the base and screw the globe out slowly. Be careful not to do this when the lamp has been on. The globe is either a 15 or 7 watt screw type (SES 14).

Q: Does the lamp come with a warranty?
A: Our Himalayan Salt Lamps are put together in the Himalayas. It is there where they are mined and a stand placed on as a base, then shipped to us complete. As they are a natural product we can’t give a warranty on them, unless the base is broken in transit. This is why we recommend they are posted via Registered Mail so they are insured for up to $100 during transit. The electrical cords and globes conform to all Australian Safety Standards. We offer a seven day warranty on the cords. If for any reason they are broken when they arrive, they can be posted back to us for replacement.

Please visit us and look through our complete range of wholesale priced Himalayan salt products.  

www.TheUniverseWithinUs.com

We also have an extensive range of wholesale priced quality Crystal and Gemstone Sterling Silver Jewellery and Tumbled Stone Kits available, which you will also discover on our website.