How to Give a Himalayan Salt Massage
By Kyle Dammann

Massage melts away the tension built up from struggles at home and at work. Conventional massages are great, but Himalayan salt massage is even better. River stones are a thing of the past. GAMMA Himalayan Crystal Salt Massage Stones are the ultimate choice for therapists who are using them as hot massage stones to reduce tension, stress and pain. Your massage stones can be chilled quickly in the fridge for an effective anti-inflammatory treatment. GAMMA Salt Stone warmer/bowls also provide the same air cleansing ability as salt lamps while providing a beautiful ambiance to any room.

Here’s how:

Himalayan salt massage stones produce negative ions, which may clean the air and create a deeper sense of wellbeing by detoxifying and increasing the alkalinity of your body. The salt stones are heated, so the relaxation affects go deep into the muscle and joints.

Salt is wonderful for your skin. Your skin will be left even more refreshed and moisturized compared to a conventional massage treatment. Negative ions are produced when heated creating a sense of peace and deeper sense of relaxation. Unlike river stones and some other stone therapies, Himalayan salt has antimicrobial properties.

GAMMA Himalayan Salt Massage stones are naturally antimicrobial. That means no harmful bacteria or fungi can grow on them. They can be cleaned with a damp cloth or paper towel, then, place the Stones back on the warmer or in the open air to dry. If using carrier or essential oils, it is important to clean and dry the Stones as soon as possible to prevent degradation. Use of alcohol and other surface disinfectants are not necessary since salt is a natural disinfectant and is an extremely effective anti-microbial agent.
Frequently Asked Questions

How do you heat the stones? Answer: Any dry heat source, heating pad, toaster oven, skillet, light bulb, and of course our aesthetically pleasing, air purifying salt stone warmer lamp, or salt bowl lamp. We do not recommend heating in the microwave.

How do you clean the stones? Answer: Ultimately salt is antimicrobial, and should not require any disinfecting. Since we cannot guarantee this, we recommend cleaning the stones this way:

After each use you can take a spray bottle and make a solution of thyme and tea tree oil and spray the stones and dry them immediately. At the end of the day, you can take a bottle of warm or hot water and put a couple of tablespoons of white vinegar in it with 10 drops of tea tree oil. You then dip the stone and swish it around. You can leave it in a few seconds, but any length of time will cause the stone to disintegrate. Dry the stone immediately, put it back on its heat source to dry better and further sanitize.

How long do they last? Answer: The stones last indefinitely, as long as they are kept dry. When exposed to moisture they will pit and sometimes dissolve depending on how much moisture. When they get rough you can sand them with sand paper to smooth them. When used with water for salt scrub and lymphatic drainage, they will need to be replaced from time to time.

Can you use them with lotion or oil? Answer: We do not recommend using with lotion. It is difficult to clean and clogs the salt. We recommend using Jojoba or Coconut oil. These two oils do not get rancid or degrade the salt. Depending on the skin you can use the stones dry as well.

Do you have to heat the stones? Answer: The stones have a therapeutic effect warm or cold. When warmed, the negative ion potential of the stone is ignited.

Do I leave my lamp on all the time? Answer: It is recommended to leave the lamp on all the time. The heat is what creates the ion exchange. Some people cannot sleep with the lamp on. In which case you can put it in your closet or turn it off manually or keep it on a timer.

They work when applied wet to clean skin - the deodorant stone leaves an invisible layer of protection that helps prevent odor causing bacteria from forming. It leaves you feeling fresh and clean, but will not clog up your pores.

Use:
Wash and dry area to be covered. Wet deodorant stone and wipe over area thoroughly. Dry the stone and place it in a suitable receptacle. The stone may break if dropped onto a hard surface such as a washbasin, so stand away from vanity units when applying.
GAMMA Genuine Himalayan Salt Crystals  
Deodorant/Cleansing Crystal Salt Bar

For those of you interested in a deodorant/cleansing bar, The Himalayan Salt Crystal bar is perhaps a healthier alternative than the alum stone. These deodorant bars are totally natural and safe. Unlike the alum (aluminum) stone, they are not processed in any way except that they are carved from natural chunks of ancient Himalayan crystallized salt.

Benefits:
- Stimulates the body
- Removal of daily toxins from the skin
- Strengthen and firm skin tissue
- Better skin exfoliation
- Removal of dull dead skin cells
- Thorough cleaning of skin pores

The crystal bath salt bar, with its inherent 84 minerals and trace elements, may provide therapeutic benefit for a number of ailments such as, eczema, psoriasis, rheumatoid arthritis, sinus conditions, herpes, acne, neurodermatitis, athlete’s foot, warts, insect bites, bronchitis, osteoporosis, and more.

Salt bath bar can be used as a natural alternative to a salt bath because more often than not, we don’t have much time in our busy days to luxuriate in a deep salt bath.

Salt is so hostile to bacteria it cleans the skin extremely well. It is also a very convenient way of applying crystal salt to the skin surface which may be effective in treating skin disorders such as psoriasis, eczema, dermatitis, acne, etc.

Further Areas of use:
- Use after shaving, instead of aftershave lotion. Salt soap soothes the skin and eliminates redness. Continued use may help cure folliculitis.
- It is excellent for treating wounds caused by herpes and insect bites.
- The antibacterial effect of salt may render other deodorants unnecessary.

**The application of salt may initially worsen skin condition (acnes, inflammations, etc.), which is a sign of the elimination of toxins. Don’t worry though, just let your skin regenerate.

Himalayan Salt Cleansing Bar allows salt to be stored in the upper callous layer of the skin and binds water. This maintains the natural, protective film of the skin and the skin does not dry out. This is the reason why crystal bath salt bars are good for dry skin as well. The toxins are released into the bathwater through osmosis while the minerals from the crystal salt are absorbed through the skin. This reduces the acidity in our body and balances the PH factor of our skin.

In some parts of the world they have been used for centuries. They contain no alcohol, perfumes or aluminium and can be used all over the body - even feet! These salt bars can also be used as soap.
The deodorant/cleansing bar will last for months.

Use:

While these salt bars are able to be rubbed directly onto your skin, if you have sensitive skin, or are using the soap on your children, it is recommended that you rub the salt onto your hands first before applying it on your face and body. Alternatively you can place a soft, damp cloth around the Himalayan Salt Soap before rubbing it directly on your skin. The perfect choice for people sensitive to the dyes, chemicals and fragrances in regular soap products, the Himalayan Salt Soap will perfectly balance the PH factor of your skin making it suitable for every skin type.

Glide salt bar or press gently against your skin. Do not rub or use the way a traditional soap bar is rubbed against the body. The stone may break if dropped onto a hard surface such as a washbasin or bathtub.