



Himalayan Salt Crystal Lamps: For Healing, Harmony, and Purification

By Clémence Lefèvre

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Himalayan Salt Crystal Lamps: For Healing, Harmony, and Purification By Clémence Lefèvre

The first practical book on how to use salt crystal lamps

- Explains the mental and physical benefits of these lamps
- Shows where to place them for maximum effectiveness
- Discusses how to use them to enhance meditation, relaxation, Reiki, positive thinking, and chakra work

Natural salt crystal has been credited with a range of curative powers, from air purification to migraine relief to protection against airborne germs. Mined in the foothills of the Himalayas, where they have absorbed mineral elements that enrich them and imbue them with different colors, salt crystal lamps release healing negative ions into the air when turned on. Like the energizing negative ions released in the natural settings of mountains, waterfalls, or beaches, the negative ions emitted by these lamps increase oxygen flow to the brain, helping to alleviate depression, relieve stress, and boost daytime energy. These ions also naturally counteract the effects of the electromagnetic waves we are bombarded with from appliances like televisions, computers, and air conditioners. Salt crystal lamps have also proved to protect against airborne germs and can reduce the symptoms of allergies, sinus problems, “brain fog,” and insomnia.

This book offers in-depth instructions on where to place these lamps in the home for maximum effectiveness, how to choose the optimal color lamp based on its color’s therapeutic benefits, and how to use them to enhance meditation, relaxation, Reiki, positive thinking, and chakra work.

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Editorial Review

Review

"In the modern world we often forget the ancient importance of something as simple as salt. . . . of tremendous value to anyone who is a healer." (*Dhara Lemos, Lotus Guide magazine, Jan/Feb/Mar 2010*)

"The visualizations and the paranormal sciences made interesting reading this book has re-ignited my desire to have a salt lamp not only in my home but also in my therapy room." (*Sally Tyler, Paradigm Shift, December 2010*)

From the Back Cover

NEW AGE / CRYSTALS

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CLÉMENCE LEFÈVRE is a specialist in the therapeutic use of stones and minerals. She gives lectures and workshops on the qualities and benefits of minerals as well as natural methods for harmonizing the home using techniques such as feng shui. The author of two other books in French, she lives in Paris.

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The guide untitled Himalayan Salt Crystal Lamps: For Healing, Harmony, and Purification is the guide that recommended to you to read. You can see the quality of the publication content that will be shown to an individual. The language that article author use to explained their ideas are easily to understand. The article author was did a lot of exploration when write the book, therefore the information that they share for you is

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Dennis Taylor:

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Claudia Fox:

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