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purveyors of himalayan crystal salt

sun essence

salt of life

## Drinking Crystal SOLE benefits and energises the whole organism.

A solution of Himalayan Crystal Salt and good spring water creates a brine, known as SOLE (so-lay). This SOLE is not only the sum of two components, but a third and totally new substance. The salt's energy is activated by the water and the salt's crystalline structure in turn energises the water. The SOLE resonates in the body for 24 hrs.

## How to make crystal 'SOLE'

- Place some Himalayan Crystal Salt chunks in a sealable glass jar (e.g. a Kilner jar) and fill with good quality water. (You will need ca. 125gr. of salt per 1/2 litre of water)

KEEP THE JAR COVERED!

- You may start to use the solution straight away, bearing in mind that saturation at 26% will only be complete after 1-2 hours

- As the liquid is used, just top up with good quality water and salt crystals as necessary. As long as un-dissolved salt crystals are visible in the jar your SOLE represents a saturated salt solution at 26% and will store indefinitely without degrading or decaying.

**Recommended Dosage:** every morning, on an empty stomach, take up to one small teaspoon of SOLE, diluted in a glass of water, whereby regularity is more important than the amount. Wait 10 minutes before eating or drinking anything else. From a biochemical point of view, the stomach and the intestines are energised within minutes, stimulating the digestion and metabolism. Availability of electrolytes throughout the body is increased, enhancing conductivity and therefore circulation. Continue to drink the generally recommended amount of water (ca. 2 litres or more) throughout the day to assist hydration and elimination. Only the saturated salt-solution guards against the growth of bacteria, viruses or fungi.

Using Crystal SOLE -	1% SOLE:	2/3 tbs. SOLE diluted in 1 litre of water
	3% SOLE:	2 tbs. SOLE diluted in 1 litre of water
	10% SOLE:	6 tbs. SOLE diluted in 1 litre of water

## SOLE Shirt

Aids detoxification, fever relief and bronchial conditions. Soak a clean cotton shirt in a warm 3% SOLE, wring out, wear, wrap up in dry towel and rest in bed under a blanket for 30-60 minutes. Remove shirt, pat dry and rest for another hour.

## SOLE Steam Inhalation

May be helpful in cases of bronchitis, throat and ear infections, sinusitis and asthma. Pour 3% -10% SOLE into a bowl and inhale vapors for 10-15 minutes. Great care must be taken as hot steam can cause burns. Rest for 30 minutes, for which time loosening of mucus and increased excretion may be expected.

For sinus flushing with a neti-pot and for eye baths as well as applications on open wounds a 1% SOLE is required.

## SOLE Socks

May improve detoxification, foot infections and cold feet. Soak clean cotton socks in warm 3% SOLE, wring, wear and wrap in a dry towel. Rest for one hour, then remove socks. Dry feet and rest again

## Dental Hygiene

for brushing, mouth wash and gargle - used consistently, it strengthens gums, re-mineralizes and whitens teeth as it dissolves tartar, and improves bad breath by creating a neutral mouth flora. Infections, gum disease and bleeding also respond well to the SOLE treatment use a 3% SOLE or a stronger concentration. Spit out after 3 Minutes.

For herpes and insect bites apply undiluted SOLE with a clean cotton swab.

## Bathing in Himalayan Crystal salt

Bathing in SOLE is vitalizing, because toxins are released from the body and beneficial minerals are absorbed via the skin. The detoxifying effect of a 30-minute bath has been compared to that of a three day fast. The body's ability to throw off toxins is greatest at the time of the new moon, whereas the body's ability to absorb minerals and be nourished is greatest at full moon. The SOLE Bath also helps to moisturise the skin through the salt's ability to store moisture in the upper layer of the skin, making it ideal for those suffering from dry skin. Skin diseases may be relieved as well as joint diseases and rheumatism. Use for stress relief and to strengthen the immune system, post natal and post surgery.

## To make a SOLE bath

To achieve a 1% solution you will need 1kg to 1.20 kg of Granulated Bath Salt, for a standard bath which holds 100 litres to 120 litres of water. Place the salt in the bathtub and just cover with hot water. After 30 minutes the salt has dissolved and the bath can be filled up. The temperature should be 37 degrees Celsius and the bath last between 15 - 30 minutes. Do not use soap and do not shower off. Simply pat dry or air-dry. Rest for 30 minutes to an hour wrapped in a towel or blanket.

- For a stronger effect and specific skin conditions the salt content may be gradually increased from 1% to 8%.

- A footbath is also therapeutically valuable. A 1% solution per litre is achieved with 10g of salt or 1.28 oz per gallon of water. The linen bag protects the bath from abrasion. We recommend it is used even for lesser amounts of salt.

**CAUTION:** Due to extra demands placed on the circulatory system it is advisable to consult a doctor before taking a salt bath if you are suffering from a weak heart or weak circulation. A weaker concentration of SOLE or a shorter bathing time may be more suitable.

**We recommend:** the use of a drawstring cotton bag with the salt, to protect the bath from abrasion. Placing salt in a cotton bag also makes it into a valuable and re-usable sachet for cool/warm applications.

**For Cool Application** the sachet may be placed in the freezer before use, taking care to avoid getting the sachet damp.

**For Warm Application** place the sachet in the oven (do NOT microwave) and warm gently to a pleasant 120 - 140 degrees Fahrenheit or 40 - 50 degrees Celsius. (Please note that it is dangerous to overheat the sachet). Shake the sachet to distribute the heat evenly, wrap in towel if preferred and apply to the troubled area for 15 - 45minutes.

The crystal salt sachet helps with pain reduction, is ionizing and enhances the healing process. It may prove helpful in cases of earache, headache, tense and sore muscles, joint pain and back ache.

This application must under no circumstances be used for acute gout attack, infectious rheumatic pain or on open skin.

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