**Properties of Himalayan Salt**

Himalayan salt can be taken in the form of saline solution, baths, rinses, and also inhalations. Depending on the form, it has various properties. What does Himalayan salt help with?

• Soothes and reduces gastrointestinal discomfort resulting from food deposits in the intestines, and also removes toxins.

• Regulates blood pressure.

• Improves skin condition by moisturizing and firming it.

• Significantly reduces cellulite.

• Treats acne, fungal infections, and psoriasis.

• Supports the treatment of the respiratory system.

• Combats infections of the mouth and throat.

• Supports the treatment of kidney and gallstones, as well as rheumatism.

• Regulates the body's water balance.

• Cleanses the body.

• Strengthens immunity.

**Application of Himalayan Salt**

Himalayan salt can successfully become a spice in the kitchen. Due to its numerous health properties, it is worth replacing traditional white table salt with it.

Pink salt can be added to baths to utilize its positive effects on skin problems and detoxifying properties. To prepare a Himalayan salt bath, pour about a kilogram of salt into 4 liters of warm water and wait for it to dissolve. The recommended water temperature is 37 degrees Celsius. No cosmetics such as oils and soaps should be added, as they may interfere with the absorption of substances. A saline bath should last about 20-30 minutes.

Coarse Himalayan salt can be effectively used as a scrub, which will effectively remove dead skin cells and toxins and speed up regeneration. Such treatments also help in the fight against cellulite.

Water with Himalayan salt treats throat and mouth infections due to its antibacterial properties. Just one tablespoon of water dissolved in a glass of warm water. The mixture should be used several times a day until the symptoms subside.

A solution of water and salt can be used as an inhalation agent. The aforementioned antibacterial properties support the treatment of upper respiratory tract diseases.