



- **SOLE BATH**

A "Sole Bath" rejuvenates the skin. It has been proven that sole baths can benefit skin irritations, joint problems, rheumatism, female problems, children's infections, immune system and in general for the body's purification. Due to a high bio energetic field, the "sole" bath is demanding on the circulatory system. Those who have heart trouble or any health problem, should consult a physician before having a "sole" bath.

Take a handful of the Himalayan Crystal Bath Salt to start and increase over time. During a full moon, the body benefits more from the sole-bath because it absorbs the most minerals. The bio energetic weak points in the body are harmonized, improving the body's energy flow. Its own energy flow is more activated by a full moon.

On the contrary, during a new moon, it is the best time for cleansing the body. Its

capacity for detoxification is at the highest level.

BATH TIME: 15 to 20 minutes once or twice a week. Do not use any chemical substances. After the bath allow your skin to air dry. It is also recommended, that you lie down for half an hour.

For those, who find the bath strong use a lower salt amount in a foot bath for 15 to 20 minutes.

HIMALAYAN CRYSTAL BATH SALT FOR WOMEN'S PROBLEMS: For women, who suffer from yeast infections, unscented Himalayan Crystal Salt bath may be beneficial.

PLEASE NOTE: it may help, no guarantee is given. Fill the bath up to 10 to 15 cm (4" to 6") with water. Place a handful of Himalayan Crystal Bath Salt into the water. Sit for 10 to 15 minutes.

Heartfeltliving® offers this high quality Himalayan Crystal Salt Bath, which is 100% pure with high bio energetic quality in three choices:

-Plain, -with Lavender essential, -with Lemongrass essential

It contains all the trace elements and minerals, required by our body without any additives. Our products from Pakistan are purity tested by an ISO 9001 certified laboratory in Canada, the highest standard available.



- **HIMALAYAN CRYSTAL SALT BAR**

The all natural Himalayan crystal salt bar is an excellent underarm deodorant or peeling. Apply it as long as the skin is still damp. Please note: do not apply on dry or wet skin.