



Himalayan Salt Panels Health Benefits

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The use of Himalayan Pink Salt for constructing salt walls is one of the hottest wellness trends, thanks to the plethora of health benefits it has to offer, they:

- **Create a sense of deep relaxation**
Generates negative ions, which are shown to help create a sense of peace and relaxation.
- **Purify and neutralize the air**
Salt Panels attract the water molecules from the air and pollutants, pollens, bacteria, and allergens, making the air in the surroundings clean and fresh to breathe in.
- **Promote deep sleep and helps to reduce insomnia**
- **Help Fight EMF Radiation**
Salt Panels will counteract the harmful electronic vibrations caused by your electronic devices.
- **Help relieve respiratory problems.**
- **Restore the body equilibrium**
By balancing the body's central nervous system, leaving your body and mind energized and centered.

