



Pass the Salt, Please!

Friday, November 2, 2012



Deep below 740 State Street, down a flight of stairs, tucked away under the hustle and bustle of shopping overhead, is the serene setting of Salt. 90,000 pounds of mined Himalayan Crystal Salt were imported from Pakistan and now sit beneath State Street in two unique salt caves. Sound spicy? We thought so and decided to pay [Salt](#) a visit to see what they had shaking.

Salt owners Pam McCaskey and Kelly Egan have spent the last two years constructing their underground haven that is literally salted from floor-to-ceiling. The 84 minerals in this 250-million-year-old salt offer a variety of therapeutic and healing properties along with increasing the serotonin levels in your body, which can directly increase your happiness. (Yes...*please.*)

Nestled next to the main cave—which is available for adults for hourly visits, private events, meditation groups, Tai Chi practice and more—is the children's cave, a sweet spot for the wee ones to get a taste of the healing elements too. Along with the caves, [Salt](#) has massage rooms and spa services available that include the use of their customized line of Salt body products. And, if you are looking for something tasty, Salt has an edible selection in their store, with a plethora of cookbooks and Himalayan Salt products for purchase.

So, brush off your old table salt, spice things up a bit, and get a taste of this. Salt is a treat for your mind, body and soul.