



# KEELAWEE

IMPORTERS OF EXOTIC SALT

31 Wargrave Rd  
PO Box 1135  
Henley on Klip  
1962  
Tel/ Fax (016) 366 0601  
072 190 5393  
[keelawee@telkomsa.net](mailto:keelawee@telkomsa.net)  
[www.keelawee.co.za](http://www.keelawee.co.za)  
Skype: keelawee2



## Himalayan Salt Uses & Applications.

### Moon Rhythm Bathing.

Observations with the moon rhythm have shown that the best results can be achieved when taking a brine bath at the time of moon change.

**Full Moon Bath** :- On the day of the full moon the healing process of the body is at its peak as is its absorption potential. At full moon, the body will absorb the most minerals from the salt bath. The mineral materials penetrate and are absorbed into the skin in the form of ions. Bio-energetic weak points are harmonized and the body's own energy flow is activated.

**New Moon Bath**: - In the days leading up to the new moon, the body's capacity for detoxification is at its highest. This is a perfect time for a cleansing salt bath. The saltwater bath has a de-slugging effect, similar to a four-day chamfering cure. Weight adjustment and decontamination of the body are supported.

**Application:** For both moon rhythm baths, add 1/2 kg **Himalayan Granular Salt** in a bathtub with enough water to dissolve the crystals, approx. 1 hour. After the salt crystals are dissolved, fill the tub with warm bath water (approx. body temperature).

Don't use any chemical substance in this special bath. Bathe 15 to 20 minutes in the brine. You can experience this saltwater bath to be exactly as floating in the original embryonic solution.  
After the bath do not towel or rub dry but let the skin air dry naturally.

### Body Peeling.

Do you feel tired and without energy? Make some time and treat yourself to a full body peeling. First take a shower with warm water to open the pores. A body peeling made from a mixture of pure **Himalayan Fine Salt** and oil is ideal for de-toxing. You will achieve the same purifying effect as going on a several day fast. At the same time you will receive an energy boost due to the high concentrated minerals in the salt mixture. The peeling will also enhance the blood circulation of your skin.

**Application :** In a little bowl, mix 4 Tbs. of **Himalayan Fine Salt** with 1 Tbs. of macadamia nut oil and a quarter tsp. of pure Lavender oil. The mixture needs to be stirred until smooth. Lie down on a bath towel and rub your whole body with this mixture. You can enjoy deeper relaxation if somebody else does this for you. Wrap yourself in the towel then cover yourself with a blanket. Keep the 'peeling' on for about half an hour. You will experience a warm flow throughout your body which shows that the body cells are doing their work. Rinse off the 'peeling' with warm water and gently pat dry your skin. Don't rub it dry. The oil will remain on your skin and make it soft and velvety.

(The type of oil isn't critical. Just use what ever you have available that you enjoy. Have also used fresh herbs, and blended all together in a pestle 'n morta.)

