

How to use the Salt Inhaler.

The Salt Inhaler will be filled with Himalayan Rock Salt. When you breathe in, 'Salt Vapour' is drawn through the inhaler and enters your lungs. You then breathe out through your nose. There is a mild salt residue in your mouth and your nose that is quite pleasing.

Stage 1 - Fill the inhaler with the salt provided, and replace plastic cap



Stage 2 - Hold the Inhaler naturally in your hand



Stage 3 - Breathe in through your mouth and out through your nose for 3-5 minute sessions (4 times a day for chronic conditions)



Please Note: DO NOT breathe back through the inhaler with your mouth. The moisture from your lungs will cause the salt to solidify and render the inhaler useless.

Now enjoy the Benefits!

© Steven Bettles & www.salt-lamps-australia.com