



Science

A series of scientific studies show that salt crystal lamps can increase the negative ion count by up to 300%. In nature Negative Ions are created by means of wind, sunlight, surf, waterfalls and rainstorms. Generally, a negative ion is an electronically charged molecule made up of oxygen. A positive ion in the air is a molecule that has lost its electrons through process of air pollution. In fresh country air we find up to 4000 negative ions per cubic centimetre - the size of a sugar cube. Near strong surf or close to a waterfall up to 10,000 negative ions can be found, however the number of negative ions in major capital cities at rush hour does not even reach 100.

The impact of negative ions is powerful. Originally, it was found to speed recovery in burn or asthma patients, but was later discovered to affect serotonin levels in the bloodstream, stabilize alpha rhythms and to positively impact our reactions to sensory stimuli. The greater level of alertness can translate into improved learning, improved well being and enhanced human performance on mental tasks.

Ionised air also substantially reduces the number of airborne bacteria indoors. Dr. Albert P. Krueger, a microbiologist and experimental pathologist at the University of California, found that an astonishing small quantity of negative ions could kill bacteria and quickly take them out of the air so they were less likely to infect people.

Even though they are not a "medical device", Salt Crystal Lamps, by emitting negative ions, significantly reduce a myriad of indoor air pollutants. Negative ions have known benefits, and may provide relief from sinus, migraine headaches allergies and hay fever, reduce the severity of asthma attacks, enhance the immune system, increase alertness, increase work productivity and concentration, increase lung capacity and reduce susceptibility to colds and flu.

Care Instructions

Due to the hygroscopic properties (absorbing moisture from the air) of the lamps, they should not be used in damp rooms or outdoors. However, if the lamps should get wet, just use it as you normally would switched ON, so that the warmth of the light dries it. If you live in exceptionally humid or wet weather conditions, it is strongly recommended that you have the lamp on continuously to keep it as dry as possible. If you live in a humid location and want to leave the lamp turned OFF, you will need to cover it completely with an air tight plastic bag to isolate it from the water in the air.

Note: If moisture persists place lamp in direct sunlight for several hours to completely dry out.



The electrical salt crystal lamps have 7W or 15W bulbs inside. Replacement bulbs should be "candle lamp bulbs" with screw-on bases (eg Philips range of Plain Candle Lamp bulbs). The globes can be purchased from Bunnings Hardware Stores for about \$4.50 each or from <http://www.salt-lamps-australia.com> for \$3.00 each or 4 for \$10.00. (Note: 25 watt globes may heat smaller lamps too much and they may not provide the negative ion requirement).

Cleaning Instructions

Sometimes during transit the lamps can have portions of dust or dirt on the surface. To overcome this get a dish cloth, moisten and wring out completely, then rub the dirt off the lamp and allowed to dry. For heavy ground dirt or dust do the same process, but use a scourer instead. This will not damage the lamp. Then allow the lamp to dry in direct sunlight, but keep it indoors.

This process can also be used for standard dust that may appear on the lamp over time.

Popping Globes

The globes used in Salt & Selenite Lamps are Incandescent globes used in ovens. They are meant to be in a stationary position. If they are moved suddenly or are exposed to vibration, they are likely to pop.

If you have globes popping (blowing) regularly, here are some things to take into consideration.

- The globe is not quite screwed in firmly enough to touch both contacts;
- The globe is touching the inside surface of the lamp;
- The lamp is moved while the lamp has been on for awhile;
- There is a large current drawing appliance on the same circuit that is turned on/off and there is a momentary power spike;
- There is excessive 'micro vibration' nearby.

So, unlike the old globes you place in your ceiling lights or in the oven that remain stationary, these globes are prone to more vulnerabilities due to the nature of where and how they are positioned.

Hints and Tips - FAQ

Best position

The best way to use Salt Lamps is to position them in a place of high visibility, but is away from constant movement, such as a walkway. It's best to leave the Salt Lamps turned on all the time, except in bedrooms where you simply turn off at night, then back on in the morning. But, 24 hours operation is best. Each lamp will cost about \$1.00 per month to run.

Bathrooms

You can keep a Salt Lamp in the bathroom providing it is always turned on. This way it won't draw excess moisture from the air. Tea Lights needs to be taken out of the bathroom when not used as they will draw excess moisture.



Fish Tanks

Salt Lamps around Fish Tanks are okay. Fish tanks naturally evaporate moisture and you have to top them up from time to time. Salt lamps in the vicinity of a fish tank won't affect your fish in any way.... But, don't drop your lamp into the tank, that will be a problem.

How many lamps?

The more the better. A large one in the lounge room, a large one in kitchen dining room too, small ones in all the bedrooms and bathrooms. Maybe a night light in the laundry for the family pet to feel the warmth of the light. There are no limits to how many salt lamps you have. But, if you have two lamps in one space, make sure they are in opposite parts of the room to share the ionisation evenly.