why people are crazy about pink Himalayan salt (PHS)

Pink Himalayan salt (PHS) has gained immense popularity in recent years due to its natural purity, organic composition, and numerous health benefits.   
It is considered one of the purest salts AVAILABLE ON the whole planet, free from pollution   
and additives, and containing over 84 naturalessential minerals .   
PHS is extracted in its natural form, ensuring it remains unprocessed and retains its original mineral content.

Key features of pink Himalayan salt

1: Natural and pure:

* Phs is free from artificial additives, microplastics, and anti-caking agents.
* It is mined in its natural rock form and requires only minimal cleaning.

2: Rich in essential minerals:

* \*contains more than 84 minerals, INCLUDING SODIUM, chloride, potassium, calcium,   
  PHOSPHORUS, chromium, COPPER, zinc and iron ,   
  Magnesium and manganese which plays a vital role in our better health.
* These minerals provide numerous health benefits by synergistically working together

3: Aesthetic Appeal:

* available in beautiful colors ranging from rosy pink to orange, red and white
* used in decorative items such as salt lamps, gift items, and home décor.

4: Culinary Uses:

* Provides a unique and delicious taste, making it a preferred choice for cooking.
* can be ground into fine powder or used IN SMALL, medium and larger crystals.

5: Therapeutic applications:

* Widely used in halotherapy (Salt Therapy) for respiratory and skin benefits
* Used in SPA TREATMENT, salt bath and salt soaps.

Global demand for pink Himalayan salt:

* The demand for pink Himalayan salt is rising rapidly worldwide due to its great health benefits.
* Top importers in the world are USA, China and Brazil
* UK, UAE, KSA, Japan, Austria, AUSTRALIA, Canada and other countries worldwide
* Pakistan leads the world in PHS exports, with over 12,300 shipments last year, primarily to the USA, Brazil and China.

Health benefits of pink Himalayan sat:

1: Skin health:

* Used in beauty products due to its powerful anti-inflammatory, anti-bacterial and Powerful detoxifying agent.
* Helps in treating acne, eczema, rashes and psoriasis, reduce age processing, look younger than your actual age
* Removes toxins and dead cells from the skin and making it soft, smooth and healthy. Your hair get thicker and grow
* PHS also work when an insect bite or bee sting bites, PHS relieves pain, rash and SWELLING.

2: Respiratory health:

* Beneficial in relieving respiratory issues through halotherapy.
* Helps clear nasal passages and improve breathing.
* Strong detoxification, purifying the indoor air, seasonal allergies, pollen and dust from your room.
* loosens the mucus and helps in phlegm, sinusitis, pharyngitis, tonsillitis, bronchitis, Alveolitis, smoker’s cough,   
  snoring, dyspnea, ASTHMA, COLD, flu, sore throat, and COPD (CHRONIC Obstructive Pulmonary diseases) like cystic Fibrosis and Emphysema.

3: Digestive health:

* enhances digestion and regulates hydration levels in the body.
* Acts as natural detoxifier when consumed in a warm water SOLUTION SOLE (So-LAY)
* Increase the amount of HCL acid in your intestine, Regulates digestive hormones, increase hunger.
* Enhance dental health, Helps in dental and gum infections. Reduce cortisol levels.
* stimulates the bowels, relieves the stomach cramps, Gas, bloating, constipation, and acid reflux symptoms, excretes pathogens and toxins from your gut.