

# Cosmetic Salt Class



# Dead Sea Salt

- [Dead Sea Salt](#) is found in Israel and gets its name from the Dead Sea, where it is extracted from. It is a naturally white, dry crystal that contains many minerals important to the body. Some of these minerals are magnesium, zinc, potassium, calcium chloride, sodium, and bromide. Did you know that Dead Sea Salt has been in use for its medicinal and therapeutic benefits since the time of the ancient Egyptians?
- This salt can be used in many different products today and the Dead Sea is actually considered “one of nature’s miracles.” The ancient Egyptian Queen Cleopatra actually had cosmetic factories built on the shores of the Dead Sea to harvest the salt. The Dead Sea is known for its therapeutic effects and is actually denser than the oceans. It has a salt content of 29%, while oceans typically have a content of around 4%. This density makes it especially easy for people to float on its waters. Common products it can be used in are cosmetics, bath salts, bath soap bars, salt scrubs, bath fizzies, foot soaks, and air fresheners.
- Dead Sea Salt has many medicinal and health benefits. When used for skin care purposes, it helps to treat many skin conditions like psoriasis, eczema, and acne. It also works to rehydrate the skin, reduce wrinkles and inflammation, helps to combat the aging process, and it also moisturizes and softens dry skin. When used for its medicinal benefits, Dead Sea Salt helps to reduce stress, prevent water retention within the body, calm the nervous system, increase circulation, reduce muscle tension, and it can help to relieve allergic reactions. Dead Sea Salt has also been used as treatment for osteoarthritis, rheumatoid arthritis, and psoriatic arthritis.
- Make sure to check out all of our amazing recipes made with our Dead Sea Salt like our [Refreshing Foot Soak](#), our [Citrus Peel Salt Scrub](#), and even our [Raspberry Zinger Bath Fizzies](#)!



# Hawaiian Black Salt

- Hawaiian Black Salt, or also known as Lava Salt or Black Lava Salt, comes from the Pacific Ocean, off of the coast of Hawaii. It is naturally a beautiful brilliant color and has a silky texture. The black color comes from the fact that the salt is also combined with activated charcoal which adds many health benefits for the body. It has actually been in use as a medical treatment since at least 1550 B.C. Hawaiian Black Salt actually contains many minerals that are essential to the body including calcium, fluoride, iodine, boron, magnesium, manganese, chloride, iron, sodium, and potassium. Did you know that the activated charcoal actually comes from coconut shells?
- The process through which the activated coal is added to the salt happens when the Hawaiian waters go through a kind of reverse osmosis process. They are taken into many complex filters and the water itself is evaporated through a solar evaporation process. This leaves just the salts behind which are then collected and infused with the activated charcoal. The charcoal adds many medicinal benefits to the salt. Common products Hawaiian Black Salt can be used in are soaps, cosmetics, scrubs, salt scrubs, masks and exfoliants.
- [Hawaiian Black Salt](#) has many health and medicinal benefits. It has many antioxidant properties, works as a detoxification agent, and can actually be used as antidote for some poisons. While going through the body, the activated charcoal actually helps pull toxins from the body which helps to rejuvenate and re-energize the body. Hawaiian Black Salt also helps to improve kidney, liver, and adrenal gland function, helps to slow down the aging process in body tissues, relieves muscle pain, and increases cell activity within the body. It even helps to relieve sunburn.
- Be sure to check out our awesome free recipes for [Snake in the Grass Bath Fizzies](#) and our [Total Hot Man Soap](#), both made with our Hawaiian Black Salt!



# Himalayan Pink Salt

- [Himalayan Pink Salt](#) is a pure salt that originated from ancient sea beds from the Himalayas. It is a light pink color that can have variations of red and white. It is actually still extracted from the mines by hand due to long standing tradition, and was originally formed during the Jurassic Era, from fossil deposits of marine life over 250 million years ago. Himalayan Pink Salt salt has been in use for centuries and contains many essential minerals that are very important to the body including copper, magnesium, potassium, sodium chloride, iron, and calcium. Did you know that it is thought to be one of the purest salts on Earth because the sea beds were once protected by lava?
- This salt is food grade and is used by holistic chefs, health professionals, and spas for its many health properties and nutritional values. It is said that historically, it was used by the Himalayan people year round to preserve meat and fish. Common products that can include Himalayan Pink Salt are soaps, facial scrubs, bath salts, bath bombs, salt scrubs, cosmetics, body scrubs, and even aromatherapy products.
- Himalayan Pink Salt has many medicinal and therapeutic benefits. It can be used to help lower blood pressure, stimulate circulation within the body, soothe sore muscles, remove toxins, relax the body, and balance pH and electrolyte levels. It has also been used as treatment for arthritis, flu, fever, and even herpes. For skin care, Himalayan Pink Salt helps to treat many skin conditions such as eczema, acne, psoriasis, rashes, and it also works to soothe, moisturize, soften, and hydrate the skin. It also works to gently the cleanse the skin by removing oils and dirt.
- Don't forget to check out our amazing free recipes for our [Pink Salt Bath Bombs](#) and our [Pink Salt Potpourri](#), both made with our Himalayan Pink Salt!



# Disclaimer

- Nature's Garden sells cosmetic salts for external use only. We do not sell them as a food item. The information above talks about how cosmetic salts are for many industries, however we only sell them for external use. We provide this data for educational purposes only. Nothing in this article is to be construed as medical advice. Please consult your doctor before using this product or any of this information for treatment purposes.
- Are you looking for more crafting fun? Make sure to check out all the rest of our [free recipes and classes](#) as well!

