

## Making SALT Sole

**Step 1:** Everyone knows that salt dissolves in water, right? But did you know that if you keep adding salt to a glass of water you'll get to a point where the water becomes super-salty or saturated with salt? Did you also know that when the water becomes super-salty or saturated with salt that the salt will just sit on the bottom of the glass without dissolving? This is exactly what the Crystal Salt® Sole is, super-saturated, salty water. Here's how to make it.

Place 1 inch of **Whole spectrum Crystal Salt®** stones (NEVER table salt) in a glass jar, preferably one with a lid, or begin with our pre-packed jar of Stones pictured here.

Add 2 to 3 inches of good quality pure water above the stones, completely covering the crystals with water. Let sit over night.

**Step 2:** If all the salt crystals have dissolved, add a few more salt crystals to the water. Your Crystal Salt® Sole is ready when the water becomes fully saturated with salt and cannot hold any more.

The salt will no longer dissolve at this stage. Your finished Sole should resemble the photo below. There should always be salt crystals in the jar. As you use up the Crystal Salt® Sole, after some time, add more water and more salt until the water is again saturated. Remember, there should always be undissolved salt crystals on the bottom of the jar. This is your visual proof that the water is totally saturated with salt.



**Step 3:** Each morning, before eating or drinking anything, add one teaspoon of the Original Himalayan Crystal Salt® Sole to a glass of artesian or spring water and drink. Your body will receive the energetic vibration pattern of the good Salt® and hold it for 24 hours. Keep the container covered to prevent the water from evaporating. Otherwise, no special storage is needed.

The fully saturated whole spectrum Salt® Sole will keep forever! Salt is a natural anti-bacterial and natural fungicide. It simply cannot spoil or go bad.