



Take it with a grain of salt.

It's time to *love* your salt. **Seriously.**

Enhance your flavor and well-being with our fair trade, 84 mineral rich **Solay Gourmet Himalayan Salt**



How Himalayan Salt from ancient pristine oceans can enhance our culinary experience, and our well being.

Himalayan salt continues to make headlines. Health practitioners and gourmands are raving about this 200 Million plus years old, pure crystal salt for good reason. Time and the earth's pressure transform it into an energized crystalline form, much as coal becomes a diamond. This makes pure Himalayan salt more readily available to our cells, and more usable by our bodies than sea salt is. And Himalayan Salt Crystals are rich in minerals too, containing all 84 minerals present in the human body. Himalayan Crystal Salt is also considered by experts to be the purest and most pristine on earth, as it is harvested from ancient, unpolluted oceans in the foothills of the Himalayan Mountains.

Dr. Oz and other doctors agree: pure minerals and salt are essential for health. Salt often gets maligned in the media, but the truth is salt and minerals are essential for our bodies to function properly. Salt is the main component of the body's extra-cellular fluids, and helps carry nutrients into the cells. Sodium helps regulate other body functions, such as blood pressure, helping to keep our blood pressure normal. But quite simply, not all sources of sodium and salt are the same. Unlike typical chemically processed "table salt" that is nearly pure sodium chloride, pure, natural mineral salts contain a wide range of minerals and trace nutrients just as we were meant to naturally absorb them. More than 84 trace elements and minerals, including copper, magnesium, and calcium, have been identified within the translucent pink crystals.

A versatile salt for everyday use...

The delicious subtle flavor and a crunchy texture makes this a versatile salt for everyday use. It is also a great finishing salt with its beautiful naturally pink color that visually enhances food. The finely ground salt crystal makes it ideal for sauces like pesto where its dense texture helps grind the herbs into a very fine paste. **The fine grind** is ideal for sprinkling from shakers or pinching from salt cellars. **The coarse grind** works well in ceramic "salt mill" grinders allowing you to control the size of the grind. **The salt crystal stones** used with a stainless steel grater provide a unique finishing presentation, allowing you to grate the salt onto the food at the table. The stones can also be added to purified water to make SOLE(so-lay) solution which can be added to your foods in liquid form and can be taken internally for detoxification and re-mineralizing. Used by gourmet chefs, **Himalayan salt tiles** make unique presentation platters, plates and small cutting boards. These tiles can be heated in the oven up to 400 degrees for searing fish, thinly sliced meats, or eggs tableside. They can also be refrigerated for serving Carpaccio, sashimi, fruits, vegetables, or deserts. They evenly cook food and impart a light salt seasoning adding depth of flavor.

Sōlay
gourmet

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