


the
BODY
source
SL-03-US
Himalayan Salt
Lamp



The Body Source SL-03-US Himalayan Salt Lamp User Manual

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The Body Source SL-03-US Himalayan Salt Lamp



Price: \$39.99

Introduction

The Body Source SL-03-US Himalayan Salt Lamp is a beautiful, handmade night light that will make your home look better and is also good for you in many ways. It gives off a nice, soothing glow and makes any room feel more relaxing because it is made of 100% pure Himalayan salt. This natural air cleaner helps get rid of allergens and make the air better, which can help you sleep better and feel better overall. With its soothing orange light, the Body Source SL-03-US is great for beds, offices, or living rooms. It can help with stress, headaches, and insomnia. It's great for day or night because its dimmer switch lets you change how bright it is. Each lamp is a one-of-a-kind piece of home decor, with a modern wooden base and a different shape. The Body Source SL-03-US salt lamp is a relaxing and eco-friendly accessory that looks good and is good for you.

Specifications

- **Item Weight:** 6.61 pounds
- **Base Diameter:** 10 cm
- **Item Dimensions (D x W x H):** 7" (Diameter) x 7" (Width) x 12" (Height)

Item Details

- **Model Number:** SL-03-US

- **Number of Pieces:** 1
- **Manufacturer:** The Body Source
- **Indoor/Outdoor Usage:** Indoor
- **Specific Uses For Product:**
 - Helps alleviate **headaches, migraines, psoriasis, congestion, stress,** and **insomnia**
- **Lamp Type:** Night lamp, Salt lamp
- **Brand Name:** The Body Source
- **Room Type:** Bedroom, Living Room
- **Recommended Uses For Product:** Night light
- **Included Components:** Dimmer, Power cable

Features & Specs

- **Wattage:** 15 watts
- **Lighting Method:** Up/Down Light
- **Control Method:** Touch
- **Water Resistance Level:** Not Water Resistant
- **Voltage:** 25 Volts
- **Number of Light Sources:** 1
- **Connectivity Technology:** USB
- **Waterproof:** No
- **Mount Type:** Tabletop
- **Switch Type:** Dimmer
- **Special Features:** Dimmable
- **Light Source Type:** Incandescent
- **Power Source:** Plug-in Electric

Style & Appearance

- **Color:** Orange
- **Item Shape:** Bulb
- **Shade Color:** Orange
- **Style:** Modern
- **Finish Types:** Unfinished

Materials & Care

- **Shade Material:** Himalayan salt, wood
- **Material Type:** Wood
- **Base Material:** Wooden

Package Includes

- 1 x Himalayan Salt Lamp (with crystal salt block)

- 1 x Wooden Base
- 1 x 15W Bulb
- 1 x Power Cord (with in-line switch)
- 1 x User Manual

Features

- **Natural Air Purifier**

The Body Source Himalayan Salt Lamp is renowned for its ability to purify the air. When lit, the lamp emits negative ions into the surrounding environment, which are believed to neutralize harmful positive ions, such as those produced by electronics and pollutants. This helps cleanse the air, remove allergens like dust and pollen, and create a fresher atmosphere.

- **Soft Glow**

The warm, amber-colored light emitted by the Himalayan salt lamp creates a calming and peaceful ambiance. Its gentle glow makes it perfect for any environment, whether you need to wind down in the bedroom, set a relaxing tone in your living room, or add a serene vibe to your office.

- **Unique Design**

Each Himalayan salt lamp is carved from authentic Himalayan salt crystals, which means no two lamps are alike. The natural variations in the salt, from its shape to its color gradient, make each lamp a one-of-a-kind piece. The lamps come in different sizes, ranging from small to large, ensuring they fit seamlessly into any space.

- **Health Benefits**

The salt lamp is not only a visual and aesthetic addition to your home but is also believed to offer therapeutic benefits. It may help reduce symptoms of allergies, asthma, and other respiratory conditions by purifying the air and increasing the ionization of the air, which can help boost mood and promote better sleep. Many users report feeling more relaxed and at ease in spaces with Himalayan salt lamps.

- **Eco-friendly**

Made from sustainably sourced Himalayan salt, the lamp is an eco-friendly accessory. The salt is harvested using traditional methods from deep within the Himalayan mountains in Pakistan, ensuring it remains untouched and pure. The use of natural materials makes it a sustainable and earth-conscious choice for home decor.

- **Energy-efficient**

The Body Source Salt Lamp uses a low-wattage 15W bulb, contributing to energy savings while still providing a warm, soothing light. It is an eco-conscious lighting option that allows you to enjoy the benefits of the lamp without worrying about high energy consumption.

- **100% Pure & Natural**

Each Himalayan salt lamp is expertly hand-carved from 100% authentic pink Himalayan salt. This rock salt is sourced exclusively from the Himalayan mountain ranges in Pakistan. The crystals used in the lamp are naturally pure, free from additives, and mined with the environment in mind. The size and weight of each lamp vary, with the larger versions weighing between 11-15 lbs and the smaller ones between 4-7 lbs.

- **Adjustable Brightness**

The built-in dimmer switch allows you to adjust the lamp's brightness, enabling you to create the perfect lighting for any mood or setting. Whether you're looking for a soft, ambient glow for relaxation or a brighter light to complement your workspace, the dimmer switch ensures you have control over the lamp's glow.

- **Good Vibes**

Himalayan salt lamps are often used in wellness practices for their therapeutic qualities. The warm orange glow is known to foster a sense of calm and tranquility. Whether used in the bedroom, living room, or office, the salt lamp promotes an environment of peace and relaxation, which helps reduce stress and anxiety.

- **Fully Assembled**

The Body Source SL-03-US Himalayan Salt Lamp arrives fully assembled, and ready for use right out of the box. It comes packaged beautifully in a gift-ready box, making it an excellent choice for housewarming gifts, birthdays, or any special occasion. Additionally, it includes spare 15W bulbs to ensure long-term use.

- **Your Perfect Bedroom Accessory**

The stylish design of the Himalayan salt lamp makes it a perfect addition to your bedroom or personal space. With its gentle glow, it can help you wind down after a long day, improve your sleep quality, and add a decorative element to your décor. It's not just a lamp; it's a wellness accessory that contributes to a restful and rejuvenating atmosphere.

- **A Perfect Gift**

This Himalayan salt lamp is an ideal gift for wellness enthusiasts or anyone looking to enhance their living space. The thoughtful design and health benefits make it a unique present, packaged in a ready-to-give box with all the necessary components for immediate enjoyment.

- **Available in Multiple Sizes**

The lamp comes in three size options:



- **Small** (6-8 inches, 4-7 lbs)
- **Medium** (8-10 inches, 7-11 lbs)
- **Large** (10-12 inches, 11-15 lbs)



- **Improves Well-being**

The negative ions emitted by the salt lamp are believed to improve mental clarity, reduce stress, and enhance overall well-being. By mimicking the natural ionization process found near waterfalls and forests, the lamp helps maintain a healthy, balanced indoor environment.

- **Stylish & Therapeutic**

Not just a decorative piece, the salt lamp is a therapeutic tool. It creates an atmosphere conducive to relaxation, making it perfect for places like bedrooms, offices, studios, and meditation spaces. It enhances any room with its soft light and therapeutic properties.

Usage

- **Indoor Use Only:** Place the salt lamp on a flat surface, such as a desk, bedside table, or living room shelf.
- **Perfect Lighting:** Ideal for use as a nightlight or as an ambient light to create a calming atmosphere.
- **Air Purification:** Turn on the lamp and let it naturally purify the air by attracting and absorbing moisture and dust particles.
- **Decorative:** Can be used as a beautiful decorative item in any room, providing a soft light to complement the

décor.

Care and Maintenance

- **Dusting:** Regularly dust the salt lamp with a dry cloth to maintain its appearance. A soft microfiber cloth works best.
- **Avoid Water:** Do not place the lamp in areas with high humidity (such as bathrooms), as moisture can cause the salt to melt.
- **Keep Away from Heat:** Avoid placing the lamp directly in sunlight or near heat sources, as this can cause the salt to degrade.
- **Cleaning:** If necessary, use a slightly damp cloth to wipe the lamp clean, but make sure it is completely dry before turning it back on.
- **Replace the Bulb:** The bulb may need replacement every 3-6 months, depending on usage.

Troubleshooting

Issue	Solution
Lamp not turning on	Ensure the lamp is plugged in correctly, and check the dimmer switch for proper operation. Verify the bulb is intact.
Lamp feels wet or sweats	Move the lamp to a drier area. If humidity is high, leave the lamp on for a few hours to evaporate moisture.
Dimmer switch not working	Make sure the dimmer is not stuck. Check for any wiring issues or damage. Replace the bulb if necessary.
Flickering light	Check the power connection and ensure the dimmer is properly set. Replace the bulb if it continues to flicker.
Light is too dim	Adjust the dimmer switch for a brighter light setting or check if the bulb needs replacing.
Salt crystals appear chipped	Himalayan salt is naturally fragile. Be gentle when cleaning or moving the lamp. Chipping does not affect performance.
Lamp base becomes loose	Tighten the screws of the wooden base gently, ensuring it's stable before use.
Smell from the salt	The salt lamp may emit a mild odor when first used. This should dissipate after a few hours of operation.
Salt crystals have cracks	Himalayan salt can crack naturally. This does not affect the lamp's functionality. Simply replace the salt block if necessary.
Power cord issue	Inspect the power cord for visible damage. If damaged, replace the cord with a compatible one.
Lamp is too bright at night	Use the dimmer switch to lower the brightness to a comfortable level for nighttime use.
Lamp turning off unexpectedly	Check if the bulb is correctly fitted. Replace the bulb if it's faulty or loose.
Unable to adjust brightness	Test the dimmer by gently rotating the switch to ensure it's not stuck. If needed, replace the dimmer switch.
Lamp base has scratches	Clean the wooden base gently using a dry cloth. Avoid harsh chemicals to maintain its appearance.
Lamp is too heavy to move	Ensure proper handling by lifting with both hands and placing the lamp on a sturdy surface to prevent accidents.

Pros and Cons

Pros:

- Beautiful aesthetic appeal with natural materials.
- Therapeutic benefits include air purification.
- Fully assembled for immediate use.

Cons:

- Requires careful maintenance to prevent moisture damage.

- May need replacement bulbs over time.

Contact Information

- **Address:** The Body Source, Ryland House, 24a Ryland Rd, London NW5 3EH, United Kingdom
- **Phone:** You can reach them at [305-842-1843](tel:305-842-1843).
- **Website:** Visit their official website at thebodysource.com for more information about their products and services.

Warranty

The Body Source offers a limited warranty on their Himalayan Salt Lamp, covering manufacturing defects. Please refer to the product manual for detailed warranty information.

FAQs

What is the Body Source SL-03-US Himalayan Salt Lamp made of?

The Body Source SL-03-US Himalayan Salt Lamp is handcrafted from 100% natural Himalayan salt, sourced from the mountains of Pakistan, and features a wooden base for added durability.

What are the health benefits of using the Body Source SL-03-US Himalayan Salt Lamp?

The Body Source SL-03-US Himalayan Salt Lamp is known for purifying the air by emitting negative ions, which may help alleviate stress, improve air quality, and reduce symptoms of insomnia, migraines, and allergies.

How do I adjust the brightness of the Body Source SL-03-US Himalayan Salt Lamp?

The Body Source SL-03-US Himalayan Salt Lamp comes with a built-in dimmer switch that allows you to adjust the brightness and warmth of the light to suit your preference.

How do I care for my Body Source SL-03-US Himalayan Salt Lamp?

To care for the Body Source SL-03-US Himalayan Salt Lamp, simply wipe it down with a dry or slightly damp cloth. Avoid direct water exposure to prevent the salt from dissolving.

What kind of bulb does the Body Source SL-03-US Himalayan Salt Lamp use?

The Body Source SL-03-US Himalayan Salt Lamp uses a 15-watt incandescent bulb, which is energy-efficient and provides a warm glow.

Does the Body Source SL-03-US Himalayan Salt Lamp emit any odors?

Initially, the Body Source SL-03-US Himalayan Salt Lamp may emit a mild, natural salt odor, which dissipates after a few hours of use.

How can the Body Source SL-03-US Himalayan Salt Lamp help with insomnia?

The Body Source SL-03-US Himalayan Salt Lamp promotes a calming atmosphere with its warm, amber light, which can help improve sleep and combat insomnia.

What makes the Body Source SL-03-US Himalayan Salt Lamp unique?

Each Body Source SL-03-US Himalayan Salt Lamp is handcrafted from authentic Himalayan salt, making every lamp unique with its own shape and size, adding a personal touch to your décor.

How long does the Body Source SL-03-US Himalayan Salt Lamp last?

The Body Source SL-03-US Himalayan Salt Lamp is designed to last for many years with proper care. The lamp's Himalayan salt block will remain intact as long as it is handled gently and kept in a dry environment.

How does the Body Source SL-03-US Himalayan Salt Lamp purify the air?

The Body Source SL-03-US Himalayan Salt Lamp purifies the air by emitting negative ions, which attract and neutralize airborne pollutants, helping to improve air quality in your home.

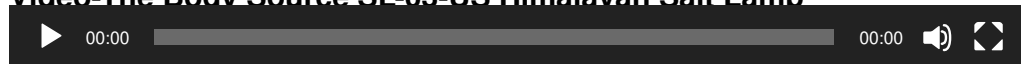
Can the Body Source SL-03-US Himalayan Salt Lamp be used outside?

The Body Source SL-03-US Himalayan Salt Lamp is intended for indoor use only, as exposure to outdoor conditions such as humidity can cause the salt block to melt or degrade.

How should I store the Body Source SL-03-US Himalayan Salt Lamp when not in use?

When not in use, store the Body Source SL-03-US Himalayan Salt Lamp in a dry, cool place to prevent moisture buildup and preserve the salt block's integrity.

Video-The Body Source SL-03-US Himalayan Salt Lamp



<https://www.referencesals.com/wp-content/uploads/2024/11/The-Body-Source-SL-03-US-Himalayan-Salt-Lamp.mp4>

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