

Salt Lamp Buying Guide

A salt rock lamp buying guide can provide information that can assist you, the buyer, in getting the benefits from a salt lamp rather than paying the price of attending salt therapy sessions at a salt cave. There are several things to consider before purchasing a salt lamp including the type of salt, the size, the shape, the correct placement, and the price.

Type

According to advocates for Himalayan pink salt lamps, not all salt rock is created equal. While scientific studies are limited, supporters of salt rock lamps claim that the negative ions emitted by a salt rock lamp may provide multiple benefits. One possible advantage to the Himalayan salt lamp is an increased quality of air. Like ionizers, the salt rock lamp functions in much the same way to improve the air quality in a room. Another benefit may be the elevation of mood. For individuals with chronic depression, anxiety or other chronic illnesses, salt rock lamps have been reported to help with long-term use. Another reported benefit may be the improvement in sleep habits.

Size

The general rule on purchasing the right sized lamp is to buy a larger salt rock lamp for larger rooms. For example, if you are purchasing a lamp for an 8 X 8 square foot room, the lamp should be somewhere between three to five pounds. For a more substantial 12 X 12 square foot room, the recommendation is at least nine pounds.

Shape

Salt lamps come in many shapes to fit any decor. Shapes include geometric shapes ranging from spherical to pyramid-shaped and everything in between. Some lamps are chunks of rock put together in a pattern. There are even candle holders that buyers can purchase if the lamp is not the way they want to go.

Placement

Placing the salt rock lamp in the correct place depends on the goal. If the goal is to have a soft pink light, placement doesn't have to be a consideration. However, if the intent is to reap the possible benefits from a lamp, proper placement is critical. To increase sleep, placing the correctly sized salt lamp in the bedroom is the way to go. Place the lamp in a room that is visited the most if your goal is to elevate your mood or to address a chronic health issue.

Price

Salt rock lamps range in price depending on the quality, size, and shape. Recall from the beginning of the salt rock lamp buying guide introduction that Himalayan pink salt is best, so it costs slightly more than other types of salt lamps. Generally larger salt rock lamps cost more. Although most prices aren't affected by the shape of a lamp, the more decorative lamps do tend to cost slightly more. Prices tend to range from around \$10 for smaller lamps up to \$100 or more for larger lamps. Finally, salt lamps take light bulbs unless you choose to buy the candle holder version. The bulbs may add to the cost especially if you use an energy saver bulb.

Salt Rock Lamp Buying Guide's Final Advice

If you're in the market for a salt rock lamp, consider the size, shape, placement, and price. Get one you love to look at and put it in a place where you feel it will be most useful. Stick to the Himalayan pink salt lamps and make some price comparisons before making the final purchase.