

Salt Block Detoxification Directions

Always wash feet prior to use of detox salt blocks.

Heat block in microwave oven for 1 ½ minutes, or inside oven on 250 degrees for 7 minutes.
(Use oven mitts to remove salt blocks, they'll be very warm.)

Touch salt blocks to make sure it's not too hot for your feet.

Place feet on block and sit for at least 20 minutes, you may keep your feet on them for up to 1 hour. (Reheat as needed for 1 ½ minutes in microwave.)

To clean, simply wipe down block with a damp cloth, no soap.

This type of salt therapy will detoxify the whole body.
The blocks will also help to soften the skin.

The warmth from the salt blocks help to promote relaxation and relieve stress.
They can also help to relieve edema.

Tempering Your Salt Block For Cooking Purposes

Before you cook for the first time on your Himalayan Salt Block you must “temper” it. Put the block into the oven and set the oven to 250 degrees. **DO NOT** set the oven and let the temperature get warm first, it is very important that you slowly heat the salt product. Once the oven reaches the 250 degree temperature, remove your salt block for ½ hour and repeat the process, letting the oven cool down in the meantime. Now that it has been properly tempered you can heat your Himalayan salt block up to 500 degrees which is the recommended cooking temperature.

Setting Up

Each time you want to cook it will take 45 minutes in the oven to reach ideal cooking temperature. Heating the block will change the appearance as micro-fissures will cloud the finish. It will also crackle a bit. This is nothing to worry about and when they cool down they will return to its original crystalline look.

The block needs to remain completely dry for 24 hours between cooking times.

Cooking with Gas

If using a gas stove, place the Himalayan Block on the burner set to low. Heat for about 15 minutes then set the heat to medium for another 15 minutes. If you are going to sear the food, heat for an additional 15 minutes. You will see some moisture accumulating at the edges in the beginning, but as the heating continues this will evaporate.

Cooking with Electric

If using an electric stove you will need to place a wok ring or pastry tin with a removable bottom so the block is ½ inch above the heating element. Heat the same way as for the gas stove adding 5 minutes to each step.

Following these steps will allow you to get full enjoyment out of these amazing all natural cooking utensils. You'll also be able to dazzle your close friends and family with your knowledge and in the entire cooking experience when using your Himalayan Blocks.

Salt Block Cooking Directions

Always cook food on the same side of the block. This will prolong the life of the block by deterring cracking and slowing the expansion of existing fissures in the salt.

Himalayan pink salt should be heated at a rate of no more than 200 degrees of temperature increase per 15 minutes. HPS a natural product with flaws and fault lines. If you heat your block too quickly, you may instead find yourself in possession of a whole lot of very expensive pink salt for your grinder! *HPS- Himalayan Pink Salt

Himalayan salt blocks can get very hot and stay that way for a long time. Protect your hands and your kitchen surfaces by investing in [a sturdy rack](#) upon which to carry your HPS block. You may also want to get a pair of high-heat resistant gloves. A super-heated salt block can and will burn your fingers right through most cooking mitts. Instead, we highly recommend [leather welding gloves](#). While this may sound odd, they work extremely well not only with salt blocks, but also for safely handling heavy cast iron cookware.

If you must use oil, brush it lightly on your food. Oil applied directly to the block will work its way into the cracks. At best, the oil will go rancid and you will have to throw away your salt block. At worst, it will catch fire and make a pretty spectacle in your kitchen or grill area.

Ok, so a little bit of washing will be necessary. However, this is the one area where you need to be most careful. Use a damp sponge, scrub the surface lightly and pat the surface dry immediately. Remember, salt and water are very good friends. Given the chance, Mr. Water will sweep Ms. Salt right out of your arms and away down the drain. Also- No Soap. Ever.

Just like any other tool in your good-health arsenal, the more you use your HPS block, the better you will get at it. Once you get the knack of it, you may find yourself becoming more creative in the kitchen in general. After all, you are preparing food on a prehistoric rock. Cooking just doesn't get any more incredible than that!

Salt Block is 16"w x 8"d x 2"h