

### **Amazon Product Description**

A giant Himalayan salt rock falls down on to the ground at the Khewra salt mine in Khewra, Pakistan and is illuminated by the sun shining into the shaft, where the sun is reflected off it into beams of fuchsia pink and a crimson red. A series of miners and masons shatter the rock into smaller pieces and into a variety of shapes that serve as many different purposes as there are unique stones.

Geologists believe that the tectonic plates shifted and formed a mountain range that trapped a shallow inland sea containing many salts and minerals and were compacted over millennia.

The Himalayan salt rock is older than humanity itself. The stone is found in ancient mines and its distance from the sea and industry has rendered it to be completely free of pollutants and toxicants while the nature of the stone allows heat to be transferred evenly throughout its shape.

You can use the rock for grilling, sautéing, frying, slow-cooking, simmering, braising, and stewing while at the same time seasoning the food with the ancient salt and impressing party guests with its history and many health benefits.

