

# Himalayan Salt Water Gargle

A Himalayan salt water gargle is a natural and effective remedy for throat and vocal health. The pink Himalayan salt, **rich in over 80 trace minerals** (like **magnesium, potassium, and calcium**), **balances pH levels, reduces toxin buildup** in the body and offers additional therapeutic benefits compared to regular table salt.

The minerals in Himalayan salt help **reduce swelling** and **soothe irritated tissues** in the throat. Gargling with salt water helps **loosen and flush out excess mucus** from the throat, preventing it from interfering with vocal clarity. Himalayan salt has **antimicrobial properties** that kill bacteria, reducing the likelihood of throat infections and helps draw moisture into the tissues.

## Ingredients

- 1/2 teaspoon of Himalayan pink salt.
- 1 cup (8 oz) of warm, distilled, or boiled water (cool it to a comfortable).

## Method

1. Dissolve the salt completely in the warm water.
2. Take a sip of the solution and tilt your head back slightly and gargle for 15–30 seconds, ensuring the solution reaches the back of your throat without swallowing it.
3. Spit out the solution and repeat until the water is finished.
4. Rinse your mouth with plain water afterward.
5. Perform the gargle 2–3 times a day, especially before and after singing or when your throat feels irritated.

## Precautions

- Over-gargling or using too much salt can dry out the throat. Stick to recommended amounts.
- After gargling, drink plenty of water to keep your throat hydrated internally.
- Consult a doctor if you're on a low-sodium diet or have specific health conditions like hypertension.