



SolRox Ocean Spa Crystal Lamp for Feet

Instructions & Observations

Sit comfortably and place one or both feet on the Ocean Crystal Lamp Foot Spa. You can use the lamp warm or cold, depending on your body temperature. For hotter bodies, the crystal should be cold for optimum results, and for cold bodies plug the lamp in and warm the crystal to its maximum indoor temperature (which fluctuates dependent on the ambient temperature). This can take thirty minutes to an hour. If it's still not warm enough, simply cover the lamp with a blanket or fleece to increase the heat. To use the lamp cold, leave the lamp switched off, and where possible, cool it in a freezer cabinet for a few minutes, taking care to remove the cable from the base.

EFFECTS

The Ocean Crystal Lamp Foot Spa will naturally draw moisture from your feet and this is proportional to the speed of your circulation, which can vary greatly. We have observed that the younger you are, the quicker the circulation, whereas older people tend to take longer to release moisture. Additionally, diabetic people will often take longer to notice moisture on their skin as a result of using the lamp, as do individuals from hotter climates, whose circulation appears to be slower –perhaps due to not being so well adapted to fluctuations in temperature. Use the lamp as warm as possible in these cases.

FIRST STAGE

As moisture is produced, the very top layer of the Ocean Crystal Lamp Foot Spa will melt and produce ocean plasma, which passes through the skin trans-dermally to produce human plasma (this is the key ingredient that feeds our biology via the blood vessels). We call this the Active Stage and it's a quick process establishing what is needed to make repairs and deliver minerals and elements to specific areas in the body. As we use our feet the most, they often start to tingle or ache while on the lamp, and this shows it's working. These tingles signify the repair of normal wear and tear, while aches point to a deeper repair. In all cases, the treatment results in diminished tingles and aches as the repair mechanism moves on to another place in the body.

You might experience a dry mouth while using the Ocean Crystal Lamp Foot Spa, so make sure you drink plenty of water. This is often accompanied by a specific taste at the corners of the mouth. A salty taste is what we term normal, whereas a metallic, chalky or strange taste can indicate a deficiency in the body. For example, the taste of 'blood' is common if the individual is lacking iron in their hemoglobin due to a lack of dietary iron or blood loss following an operation or menstruation. A chalky taste appears to relate to calcium or magnesium, and strange tastes that cannot be explained appear to be molecular compounds of various elemental metals. In most cases, if the deficiency is mild, the taste gradually becomes saltier or neutral, and there are no contra-indications or ill effects as a result of this natural re-balancing.

SECOND STAGE

Once the tingling or aches have subsided in one area they tend to move onto the next, and so on throughout the body. The most efficient way to treat other areas aside from our feet is to use a hand-held healing crystal either warm or cold in the exact area the effect is felt. For example, if the initial tingling is very strong in your right foot, that can often mean that you carry more weight on that side. This can be due to a misalignment of the left hip or damage to the left foot or knee resulting in walking with a slight gait on the right side. When the tingling subsides in your right foot you may well feel aching in the left hip or knee indicating that this area needs a deeper repair. This is where you'd apply a hand-held crystal.

This stage can be used to identify other areas of weakness and referred pain, and the molecular matrix of the ocean is a perfect elemental fit for our biology, as our blood vessels continue self-diagnosing areas of the body that need to be 'fed'. This 'feeding' process is in a diluted form of the minerals from the first dissolution stage, and there is relatively little damage to the lamp itself as the elements would seem to have a larger molecular mass than us.

Other phenomena; light-headedness, nausea and a temporary increase in pain are consequences of the body attaining equilibrium with the Ocean Crystal and always subside. They may link to an underlying condition or simply be a bigger 'feeding' stage than usual, so if it is uncomfortable in any way, cease treatment and consult us or one of our trained therapists. We have made interesting discoveries that may explain more complex medical conditions, and clinical trials can establish the hypothesis for a theory to be published.

Proteins that transmit pain in most cases appear to switch off, and both acute and chronic pain sufferers report that pain subsides, and in many instances disappears completely. We believe that this is the body's ability to produce the pain-relieving alkaloid compounds that are naturally produced from the raw materials from the ocean that first made plant life.

THIRD STAGE

In most cases the third stage is when everything that can be balanced has been. All effects subside so you should not feel any tingles, aches, strange tastes etc, and the molecular

plasma matrix of the ocean has balanced the human plasma matrix. The effects are immediate. You should notice more mobility and less pain. Peoples commonly feel very relaxed and more 'grounded', and they display positive changes in the complexion and eyes.

If there is a more serious underlying health issue, the symptoms will often return within ten to thirty minutes. We always advise further investigation with a clinician, your GP or a trained therapist and we have worked with chiropractors and other complimentary therapists for many years, who are also experts in other beneficial therapies combining Aromatherapy, Reflexology, Reiki and other therapies.

Further benefits to using the Ocean Crystal Lamp Foot Spa include its natural biocidal, antibacterial, antiviral & antibiotic qualities.

Please let us know your experiences! Telephone; 01932 701003
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IMPORTANT NOTE; TO KEEP IN BEST CONDITION, LEAVE YOUR LAMP HEATED FOR AS LONG AS POSSIBLE AND NEVER WASH YOUR LAMP. IF IT GETS WET, THIS IS THE NATURAL HYGROSCOPIC PROPERTY DRAWING MOISTURE FROM THE ATMOSPHERE, NOT MOISTURE FROM YOUR CRYSTAL. KEEP IT IN DRY CONDITIONS AND AVOID HIGH HUMIDITY AREAS, SUCH AS OUTSIDE, WINDOW SILLS, BATHROOMS, ETC.
WIPE CLEAN WITH COLD, SLIGHTLY DAMP CLOTH.

WE OFFER A LIFE TIME GUARANTEE FOR INDOOR USE SUBJECT TO PROPER USAGE AND MAINTENANCE, WE CAN REFURBISH WORN SURFACES AND PROVIDE ON REQUEST SIMPLE FREE OF CHARGE SANDING DISCS FOR DIY RECONDITIONING.

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