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What is Blue Salt:

Unlike sea salt which is extracted from salt ponds, Persian blue salt is a salt fossil or gem, whose crystals were formed 100 million years ago in the Precambrian seas. This sapphire blue salt formed as inland seas and lakes evaporated. This Persian blue salt existed a hundred million years ago along with species which disappeared at the time of the extinction of the dinosaurs at the end of the Cretaceous period due to an asteroid, a volcanic eruption or the retreat of the oceans: large marine and flying reptiles, the ammonites (ancestors of the nautilus) and dinosaurs.

The blue color of this Iranian salt comes from sylvinit, a potassium mineral, only present in the halite salts. They are normally pink and the blue color is extremely rare

Persian blue salt is rich in nutrition's.

The mineral extracted from the Iranian mountains is rich in calcium, magnesium, iron and potassium. As only a few tons are extracted per year, it's one of the world's rarest salts.





How to use your Persian blue salt:

Some say that it reduces the acidity of food due to its strong, almost lemony notes. It's a very dry salt so it can easily be used in your salt mill! This beautiful Iranian blue salt is used as rock salt or ground to enhance fish "en papillote", tomato salads, gazpacho, home-made tomato sauce, and a wide range of your daily dishes ... Grind them in your salt mill or crack them roughly with a pestle and mortar, or simply use them to decorate your dishes.





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Persian blue salt is a salt fossil or gem, whose crystals were formed 100 million years ago in the Precambrian seas, this salt is as old as age of dinosaurs

One of the rarest and most precious of salts, Persian Blue Salt is produced from a single seam running through an ancient salt lake bed in Iran. Its color is due to an optical illusion, due to the movement of tectonic plates which results in the salt taking on the color of sylvan, another mineral. In flavor, it has a strong initial saltiness to a subtle lingering aftertaste. It's lovely appearance makes it excellent for a 'bespoke' dining table, but bear in mind the color will fade the more finely it is grated. One excellent way to use Persian Blue Salt is to use it to coat the glass rim when making a Margarita. Persian Blue Salt is the perfect solution whenever a truly luxury salt is needed!



15 Health Benefits of Persian Blue Salt:

1. Blue Salt Promotes Proper Body Water Regulation
2. Blue Salt Maintains Healthy PH Balance
3. The Nutrients Present In Blue Salt Improve Respiratory Functions
4. Blue Salt Has Powerful Air Purification Benefits
5. The Chemical Elements of Blue Salt Stimulate Better Sex
6. Blue Salt Contains Sodium That Helps Induce Sleep
7. Blue Salt Minerals Lower High Blood Pressure
8. Blue Salt Helps Heal Digestive Problems
9. The Minerals of Blue Salt Maintain Normal Blood Sugar
10. Blue Salt Offers Immediate Muscle Cramp Relief
11. The Ionic Structures of Blue Salt Help in Getting Rid Of Toxins
12. Iodine Present in Blue Salt Helps Prevent Goiter
13. Blue Salt Contains Good Amounts of Iron That Prevent Anemia
14. Blue Salt Inhalers Treat Mucus Accumulation
15. Increased Intake of Blue Salt Can Prevent Seasonal Depression

