

## Nasal Cleansing Pot Instructions

1. Fill the Nasal Pot with filtered boiled lukewarm water.
2. Add 1 teaspoon of good quality fine pink Himalayan salt or a FLO CRS sachet\* and stir thoroughly.
3. Lean over the sink (you may do this while showering) gently insert the spout into the nostril until it has a snug fit.
4. Breathing through your mouth, slowly tilt your head to one side, allowing the warm water to travel up through your sinuses and out the other nostril for a 20sec constant flow. You may need to adjust the angle of your head in order to allow the water to flow on the other side.
5. Blow your nose gently to clear water and mucus from the nose.
6. Repeat on the other side.

If you experience an uncomfortable sensation, adjust the water temperature slightly.

If you are particularly congested, the water may not flow through and out the other nostril. If this occurs, take in as much water as you can and blow your nose gently. Repeat again in 30min. Remember to blow gently, your membranes are sensitive.

### Drying the Nose

Drying the nose properly is a very important part of the practice. Never neglect to do this part properly.

1. First bend from the waist down and hang the head upside down with the tip of your nose pointing towards the floor, letting any residual water drain from the nose.
2. Then stand erect again.
3. Close one of the nostrils by gently pressing the side of the nostril with one of your fingers.
4. Breathe in and out gently 3 times in quick succession, emphasizing the exhalation to rid the maximum amount of moisture.
5. Repeat the process with other nostril.
6. Then repeat with both nostrils.

### General Advice

- Those people with structural blockage may not be able to pass water freely through the nostrils.
- At the first attempt, a slight burning sensation may be felt where the water passes through the nostrils. This is only due to the fact the mucus membranes are not accustomed to the water. After cleansing few times this sensation will not occur.
- If water passes down the throat, bend the head further forward.
- Make sure you breathe through the mouth.
- Ensure the water is warm, as cold water causes the nose to close up.

**\*FLO CRS sachets:** a non-medicated, preservative-free, isotonic irrigation solution of a Xylitol formulation that has a very low concentration of salts (sodium and potassium). Xylitol is known for antimicrobial & anti-fungal effects and breaking down microbial biofilms.

**Caution:** if you suffer chronic nose bleeds, high blood pressure, migraine headaches and have a history of nasal medication or if symptoms are not relieved you must consult a health professional.

### Precautions

- Rinse the Nasal Cleansing Pot well before using.
- We recommend using dry ingredients when making the nasal wash solution.
- Clean pot thoroughly after each use. Dishwasher safe.
- Safe for use by people of all ages. Children should be supervised by an adult.
- Use only as recommended, please seek medical advice if in doubt.

**Note:** No responsibility is accepted by the makers of the Nasal Cleansing Pot, or re-sellers, for those who disregard the instructions and use.