

## SALINE (SALT WATER) RINSES FOR WASHING YOUR NOSE AND SINUSES

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## **RECIPE:**

500 ml boiled water allowed to cool 1 teaspoon non-iodised salt 1 teaspoon bicarbonate of soda

Keep at room temperature until use. Discard if not used within 1 week.

## FREQUENCY:

Rinse your nose with this solution 2 to 3 times a day.

## **TECHNIQUE:**

- 1. Fill the plastic squeeze bottle or Neti pot as directed in the instructions.
- 2. Lean your head forward over a basin.
- 3. Place the spout into one nostril and gently empty the contents of the bottle or Neti pot until used up
- 4. Keep your mouth open.
- 5. The solution will come out of the opposite nostril or your mouth into the basin.
- 6. Gently blow your nose by closing the other nostril with your fingers.
- 7. The solution can cause a slight tingling sensation in the nose. This is not of concern.