



The **Neti Pot** grew popular with Dr. Oz and Oprah, who called it a “Nose Bidet.” It may seem like a Magic Genie will come out of this pot, but it’s pure gravity that allows saline

- Boil water and let it cool to a lukewarm temperature. Alternatively, use distilled or sterile water at room temperature.
- Do



Saline Sinus Washes

You’re probably thinking, why should I wash my sinuses?

When you are sick, it’s important to wash your hands.

Like(h)MCDen15 increase air ow and help you breathe easier

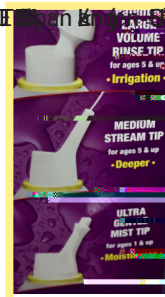
- Moisten cilia (hair-like structures in the nose), which help sweep mucus out of the nose
- May prevent sinus infections and help reduce cold and flu symptoms by several days

ere are many ways to do sinus washes (Neti pots or nasal sprays). Find the method that is most comfortable for you.

temperature), distilled, or sterile water.

Benefits of Nasal Sprays

With **Nasal Spray** via a **Squeeze Bottle**, you control the positive pressure to either moisturize or wash the nostrils and paranasal sinuses



Types of Nozzles

to rinse, spray, stream, or mist (depending on the nozzle type)

Each nozzle provides different amounts of positive pressure to either moisturize or wash the nostrils and paranasal sinuses.