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## **Nasal Rinse Hygiene**

1. Take 1 cup of distilled water and heat
  - a) 30 seconds in a microwave
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  - Boil tap water and place in a bowl, then place the cup in the bowl to warm
  - b) Drip some of the heated water on your wrist, to check the temperature
2. Pour 1 packet of Neil Med Sinus Rinse in the heated distilled water and stir.
3. Pour water in your hand and snort a little water into your nostrils, both sides
  - This allows you to control how much water gets into your nose
4. Gently press the point of your nose down and blow the water out over the bathroom sink
  - Don't close one nostril and blow or you will get pressure in your ears
5. Repeat this process 2 or 3 times

Any questions: call me at 562- 715-1405