

# Nasal Care Practices

for Keep Your Senses

When your nasal passages work well you have a chance at breathing well. If your nasal passages are clogged, inflamed or dried out your nose's ability to deliver oxygen to your lungs is compromised.

There are 2 main practices for nasal care:

1. **Nasal Rinsing**
2. **Nasal Oiling**

**Rinsing** is done when you have congestion.

**Oiling** is done where there is inflammation or dryness.

## How to Oil your Nose

- Use plain sesame oil, coconut oil, or nasya oil

**The quick way** is to put a dab of oil on a spoon. Put some oil on your pinky finger. Insert into nostril. Coat your nostril with oil. Sniff the oil deeper into your sinuses.

**The deep way** is to lie down on your bed with a towel under your neck with your head tilted back. Take a deep breath in. Fully exhale. Drop in 1/2 eye dropper into one nostril. Inhale deeply. Repeat on other side. Place your thumb underneath and between your nostrils. Gently press the tip of your nose upward. Inhale deeply.

### About Nasya oils:

Nasya oils are traditional plant-infused oils that deliver a specific effect to the body through specific energetics of the formula. Formulas are designed for the effects varying from opening the breath channels to calming or exciting the nervous system. Read more about nasya and nasya oils in the following article by Dr. Mary Jo Cravatta.

## How to Rinse Your Nose

[www.sinussupport.com](http://www.sinussupport.com)

1. Fill your neti pot just below lip with distilled or boiled water — cooled to room temperature.
2. Add a heaping ½ tsp of mineral sea salt. Stir until thoroughly dissolved.
3. Bend over sink and turn your head to one side.
4. Keeping pot level, place spout into your top nostril until it fits snugly.
5. Breathe through your mouth and slowly tip your head downward allowing warm water to travel up through your sinuses and out the other nostril.
6. You may need to adjust the angle of your head slightly in order to allow the water to flow out the other nostril.
7. Use half the water and repeat on the other side.
8. Blow your nose gently to remove excess water and mucous.
9. Once you're done, it is helpful to bend over at the waist (with top of your head pointed towards floor) and exhale to release any trapped water.

# On Nasya

for Keep Your Senses

[About Nasya Oils](#) from Dr. Mary Jo Cravatta at [Shaktiveda.com](#)

**Nasya Oils** are designed to be used in the nostrils for a quick input into the blood stream and nervous system.

Putting Nasya Oil into your nostrils has many benefits. First of all, having oil in the nostrils is pacifying to Vata Dosh. This allows the epithelial tissue in the nostrils to remain moist and less susceptible to dryness, pollen, environmental allergens / pollutants, and nose bleeds due to dry air. Depending on the base oil and the specific herbs in the formula, there are effects for the head, nervous system, mental / emotional states, allergies, hormones, neck pain, headaches, post nasal drip, memory, insomnia, depression, tinnitus — to name a few — the list could go on and on.

Depending on your personal needs, it is recommended that you apply the Nasya Oil 2 times per day. If you have a Vata imbalance in your upper body, you may desire to apply it more often (i.e. Prana Vata or Udana Vata). You may apply almost anytime you would like except it is best to not apply immediately before or after a shower, or immediately before lying down to sleep at bedtime — best to apply at least 1/2 hour before lying down in bed.

In addition to applying with the dropper, you may also choose to put 1 drop on your index finger to apply a thin coating of the oil in your nostrils. This is especially good to do when in a dry environment such as air conditioning or in an airplane. You may apply in this way as many times as you would desire.

If the dropper has touched your nostrils as you apply the oil, we recommend that you wipe the tip of the dropper with a tissue before you replace it back into the bottle. This will facilitate your oil staying fresher.

To purchase Nasya Oil:

[Nasya Oils](#) from Shaktiveda

[Sinus Lube](#) from Yogahealer

## Benefits of Nasya

- Balance your mind + emotions
- Clear your nervous system
- Optimize your breathing + pranic absorption
- Clear debris from your nasal passages
- Strengthen your immune function

## Make your own Nasya Oil

1. Get a 1 oz. amber eye dropper bottle
2. Fill up 2/3 with organic sunflower or almond oil
3. Add essential oils:
  - \* 5 drops eucalyptus oil
  - \* 5 drops lavender essential oil
4. Test it out. Add more essential oil as desired.

# More Info on Nasal Rinsing

for Keep Your Senses

[www.sinussupport.com](http://www.sinussupport.com)

## Q. How often should I use my neti pot?

A. This is our most frequently asked question. The answer is simple — listen to your own body — but it requires you to experiment a bit. Below are a few suggestions how to do this:

**For maintenance:** Some people benefit from rinsing daily as it opens up their sinus passages. Others may find it too drying. See what works best for you and contact us if you need help.

**For colds:** Rinsing 2 to 4 time a day can be helpful to flush out infection and liquify the mucous. Do this for the duration of your cold.

Three things that can help you kick colds and infections faster:

1. Rinsing with 10 oz. (a full neti pot) on both sides
2. Using twice the amount of salt (1 tsp) in your neti pot. This is called a **hypertonic rinse**. How it works is explained [here](#).
3. Rinsing with our Infused Salt Rinse — a mineral sea salt infused with infection-fighting organic essential oils.

**For allergies:** Rinsing at least once a day will help you flush out the pollen. In addition, we also find a lot of people get relief from using a **hypertonic rinse**.

**For chronic sinus problems:** Listen closely to your body. We've found that everyone is different. Some people benefit from rinsing daily, while others do it once a week.

## Q. What time of day is best?

When you first wake up and at least an hour before bed (this allows your sinuses to drain before you sleep). If you have a cold, you may want to rinse during the day.

## Q. Should I use filtered water?

A. Filtered water is definitely better for your sinuses as it doesn't have chlorine or fluoride in it. Never rinse without adding salt. Plain water has a different pH from your body and will aggravate your sinuses.

## Q. What if I feel stinging?

A. If you experience a bit of stinging, adjust the level of salt. We find that people tend to use too little salt. Also adjust the water temperature — it may be too hot or cool for you.

## Q. What if my sinuses are completely blocked?

A. If the saline solution won't flow into one nostril and out the other, take in as much water as you can and blow your nose. Try again in 30 minutes. Blow gently! Your membranes are sensitive, and you don't want water to enter your eustachian tubes! You may also want to try a **hypertonic rinse**.

## Q. Can I use my neti pot in the dishwasher and microwave?

A. Our ceramic Baraka neti pot is safe in both.

## Q. Will I be able to get off drugs and over-the-counter remedies?

A. Many of our customers have been able to. Others have been able to greatly reduce their use of prescription drugs and therapies. Again, taking a long-term approach to healing, going slowly and listening closely to how your body responds will get you the best results.

Don't give up too soon! In our culture of quick fixes we often lack the patience to listen to our bodies. If given time, your body will tell you what it needs to heal.