

— NATURE'S —
PÜR ELEMENT™

NETI POT INSTRUCTIONS

1. Prepare the saline solution with lukewarm water and fill the neti pot. Hot water is irritating and dangerous. Cool water is not soothing.
2. Tilt your head to the side.
3. Insert the spout of the neti pot into the raised nostril, creating a seal between the neti pot and the nostril. If it drains out of your mouth, lower your forehead in relation to your chin.
Relax. If you are calm, the water flows right through. But if you aren't, it just won't flow. If you keep breathing through your mouth, relaxed, the water should gently flow through the nose on its own. There's no forcing it.
4. Raise the neti pot slowly to develop a steady flow of saline solution through the upper nostril and out the lower nostril.
5. During the process breathe through your mouth.
6. When you're done, exhale firmly several times to clear the nasal passages.
7. Reverse the tilt of your head and repeat the process on the other side.

Saline solution

Use 1 cup of clean lukewarm water, and add 1 teaspoon of Sole solution (as below).
Gradually work up to 1 tablespoon of Sole solution per 1 cup of water.

If this seems too strong to start with, dilute the solution further with water until you are comfortable.
The cleanse can even be done with pure water.

Sole solution

To create a basic Sole solution, place Himalayan Crystal Salt brine stones in your brine storage cup or any glass container and add enough water to cover the stones.

Leave the solution overnight. If all the stones have dissolved, add a few more and wait another day.
There should always be undissolved salt crystals in the container.

In the morning you will have a saturated salt solution. This solution can be added to as the water and/or salt is used up.

Note:

This information and the neti pot are not intended to treat, diagnose, prevent, or cure any disease.
If you are suffering from illness, please consult a medical practitioner. If you experience irritation, reduce the proportion of salt in your saline solution, or discontinue use altogether.