

# How To Use Nasal Inhalers

## INSTRUCTIONS

*Step 1: Label your inhaler prior to using oils to ensure good adhesion*

*Step 2: Add 10-15 drops of oil onto the cotton wick (see inhaler recipes)*

*Step 3: Insert the cotton wick into the inhaler tube using tweezers.*

*Step 4: Assemble the inhaler stick by placing cap on bottom. Screw lid on inhaler.*

*To Use: place the nasal inhaler near nostrils, then slowly inhale while waving inhaler stick back and forth under nostrils. Think 5-5-5 when using nasal inhaler. Count to 5 while inhaling in, count to 5 while holding breathe, count to 5 while exhaling. May repeat 2-3 times as needed.*

## NASAL INHALER TIPS

*-Keep lid on inhaler unless in use. The more the inhaler is used and opened, the faster the oils will dissipate.*

*-Refresh cotton wick with same oil recipe when the aroma seems to have faded. This will depend on how frequently your inhaler stick is used. Best to keep the same oil blend, if you want a new scent, it is recommend to get a new inhaler.*

*-Have a favorite aromatherapy diffuser blend? Try it as an inhaler recipe instead. Just figure the drops to come out to 10-15 drops total.*

*-Best to keep nasal inhalers out of direct sunlight and heat so potency is not diminished.*

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