

## Nasal Irrigation Regimen

Rosemary and Tea Tree essential oils can be used in a saline solution for a very effective nasal irrigation that clears and decongests sinuses. As recommended by Daniel Penoel, MD, the saline solution is prepared as follows:

- 10 drops of Rosemary
- 6 drops of Tea Tree (Melaleuca Alternifolia or Melaleuca Ericifolia)
- 8 Tablespoons of very fine salt (Himalayan Mineral Salt, fine sea salt or salt flower) – *do not use iodized table salt.*

The essential oils are mixed thoroughly in the fine salt and kept in a sealed container. For each nasal irrigation session, use between ¼ - ½ teaspoon in an average sized neti pot. If the water stings, it means you have either too little, or too much salt. Too much salt will feel different than too little salt, it will feel more salty. Use the entire neti pot in one nostril (start with the left nostril). Once all of the water has drained out, fill the pot again and do the other side.

This application has brought surprisingly positive results in treating latent sinusitis and other nasal congestion problems. \*

I have used this method frequently to treat and prevent sinus infections and congestion, and it works wonders. I also use the Young Living roll on [Breathe Again](#), with wonderful results.

For more information on how to do neti, where to get a neti pot or how to order Young Living products, please email [anna@shaktinj.com](mailto:anna@shaktinj.com).

*I am referring only to Young Living's Essential Oils, which are clinically tested by ISO and AFNOR standards to be 100% pure Therapeutic Grade Essential Oils. These oils are medicinal quality. Most essential oils on the market are "extended" with petrochemicals. As the essential oils industry is tested by the same standards as the perfume industry, it is legal for them to say they are 100% pure therapeutic grade oils, even when they are "extended." This is industry standard. You will not get the same results when using other oils.*

*\*From Daniel Penoel MD's book [Natural Home Health Care Using Essential Oils](#).*