Particularly in our modern world, it is filled with pollutants, dust and pollen, it is important to keep the nasal passages clean and moisturized. The nasal passage catches these particles with its finely tuned mechanism of hairs and mucous membranes. Unfortunately, this filtering mechanism can become overloaded through high exposure to dust, particulates and pollution. Cleansing the filter regularly is an important part of personal hygiene. If you have ever changed a furnace filter in your home, you have seen the kind of airborne particles that enter your nostrils every day.

It is no surprise that with the assault of chemicals, fragrances, pollution, dust, pollen etc. that our nostrils are under extraordinary stress and there is an enormous rise in the number of people who thereby recognize the need and benefit of regular nasal washing. Our modern day diet also tends to favor foods that increase the body’s production of mucus, thereby creating an imbalance and clogging up the nasal passages.

If you have ever used a facial cleansing pad, you have probably noted that it picks up dirt, even after normal washing of your face. This same dirt finds its way into your nostrils. Nasal cleansing is advisable for removing dirt, pollen, excess mucus, and other irritants. Soothing and moistening to dried out nasal passages. Traditionally used as a purification exercise for the practice of yoga. Ancient Secrets® Nasal Cleansing Pot is the ideal answer for cleansing and moisturizing nasal passages. You need only follow the simple directions inside to prepare a saline solution which you use to rinse through your nostrils. This gentle and effective technique of nasal irrigation is widely recommended by practitioners of yoga and ayurveda worldwide as a wonderful way to improve your overall feeling of well-being.

Nasal Hygiene

Ancient Secrets® Nasal Cleansing Pot

Original Ceramic Model

The original ceramic model is chosen by most people as their primary nasal cleansing pot for use at home. It is crafted from sturdy lead-free ceramic and coated with a food-grade sealant glaze. The advanced design provides balance and ease of handling. The tip has been carefully designed to create an optimum seal to reduce mess and the opening at the top has been made to allow easy filing, mixing of the saline solution and cleaning, while avoiding excess spillage during use. The handle and body have been made to allow easy grip either by the handle or around the body of the pot, whichever you find most convenient.

Ancient Secrets® Nasal Cleansing Salt

While you can use any fine non-iodized table salt for mixing your saline solution, many people prefer to use our Ancient Secrets® Nasal Cleansing Salt. This is pure, high quality salt. We buy what is commonly known as USP grade to ensure the highest quality salt for your nasal washing practice. The salt is available in either an 8 oz. re-sealable “zip-lock” plastic bag or in a 10 oz. jar. The 8 oz. bag is constructed with an extra layer to provide a moisture barrier to help you avoid caking of the salt. The 10 oz. jar has a teaspoon measuring spoon for your convenience in mixing the solution.

Look for the Ancient Secrets® brand products at finer health food stores or online. Or contact us and we will assist you in locating our products at a convenient outlet by visiting our website: www.lotusbrands.com or Email: ancientsecrets@lotuspress.com or you can call us at 262-889-8561 M-F 9:00 am to 5:00 pm Central Time (except legal holidays).

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Lotus Brands believes in bringing traditional health and beauty modalities up to date for living a life of balance and harmony in the modern world.

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Lotus Brands, Inc.

PRODUCTS:

Lotus Brands, Inc. Makes products inspired by Nature. The products range from our nasal hygiene tools to essential oils, incense, and personal care products such as massage oils, fragrances, bath salts, hair care items, oral hygiene products and much more. Lotus Brands now has a catalog of more than 1000 items. Our products are available through health food stores, metaphysical bookstores and online retailers nationwide. To find out more about our brands and how to find our products, visit our website at www.lotusbrands.com

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For The Cleansing And Moisturizing Of Nasal Passages According To The Traditional Practice Of Neti

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For information or assistance call 800 824 6396.
Many people practice Neti on a daily habit to keep their nasal passages clean and moisturized, and improve their ability to breathe without mucus obstruction. Most find it a soothing and pleasant practice once they try it. If you are one of the many people who find that your nasal passages are obstructed as a result of the effects of pollution, dust, pollen and other irritants, you may find this simple cleansing technique of invaluable benefit to you. Similarly if your nasal passages are dry, such as due to airplane travel, altitude, or dry climate, the practice of Neti may help to moisturize them if used regularly.

The practice of nasal irrigation, known as Neti, has been used by practitioners of yoga and ayurveda in India for hundreds, if not thousands of years. Neti is one of the six purification techniques undertaken prior to the practice of yoga to help prepare the body for the yoga practice. Some yoga teachers consider it valuable in cleansing the energy channels and balancing the right and left hemispheres as the foundation upon which true yogic practice can come to fruition.

The simplest technique uses water mixed with a small amount of salt for the cleansing process. Lukewarm water is used to gently open up the nasal passages. Use of a neti pot may help to moisturize them if used regularly.

Usage Instructions

1. Prepare the Saline Solution
   Generally most people find that non-iodized table salt is the best source of the salt for mixing the saline solution. We do not recommend the use of sea salt as it is sometimes too strong and may irritate. Mix approximately 1/4 teaspoon of fine table salt into about 1 cup (8 oz.) of warm water; until it is fully dissolved. The water should be warm, but not hot. It should feel pleasantly warm to the touch so as to not irritate your nasal passages with either too hot or too cold water. Never use either HOT or COLD water. You may prefer to use bottled water if your local water supply is too hard or has chemicals or an unappealing taste.

2. Fill your Nasal Cleansing Pot
   Once you have the saline solution mixed, pour it into the Nasal Cleansing Pot. You may choose to actually mix it right in the pot.

3. The Process of Nasal Cleansing
   • Nasal Cleansing is best done as part of a regular hygiene routine.
   • It is beneficial to do some simple gentle exhalation blowing through both of your nostrils after completion. Either do this over a sink or into a tissue. Be sure to not close off your nostrils as you blow as you are trying to expel the excess solution and any residual mucus.
   • Some people find it beneficial to do some side or forward bending to allow easier drainage. Experiment with this to find out what works best for you.

4. Cleaning your Nasal Cleansing Pot
   After use, simply wash out the pot with warm water and dish soap and rinse away all soap and other residues. We have made our device out of sturdy food-grade HDPE plastic so that it is dishwasher safe if you prefer.