

Mineral Sea Salt Inhaler

INGREDIENTS

MAKES APPROX 1/2 OZ

BASE

- | TBSP DEAD SEA SALT
- | TBSP HIMALAYAN PINK SALT
- 20 DROPS EUCALYPTUS ESSENTIAL OIL

OPTIONAL

DRYED EUCALYPTUS LEAVES

EQUIPMENT

- | SMALL BOTTLE OR JAR WITH LID
- | SMALL BOWL
- | SMALL WHISK OR SPOON FOR MIXING
- MEASURING SPOONS

INSTRUCTIONS

1. ADD BOTH SALTS TO YOUR BOWL, MIX
2. NOW ADD THE ESSENTIAL OIL, MIX WELL AGAIN.
3. IF YOU CHOOSE TO USE DRYED EUCALYPTUS LEAVES, ADD THEM AT THE END, MIX WELL AND FILL YOUR CONTAINER WITH YOUR SALT MIXTURE. MAKE SURE YOUR CONTAINER IS AIR TIGHT.
4. CLOSE ONE NOSTRIL, NOW USE YOUR OTHER NOSTRIL TO INHALE DEEPLY FROM YOUR NEW SEA SALT INHALER. EXHALE. REPEAT WITH THE OTHER SIDE. USE WHENEVER NEEDED.
5. ENJOY!