

How to Properly use a Nasal Inhaler in Aromatherapy

by Penny Keay

Often times we suggest to you to use a nasal inhaler to utilize essential oils for various situations.

Using a nasal inhaler is a very effective way to reap the benefits of those precious oils.

When asked if there is a correct way to use the nasal inhaler we will give the following instructions.

First you need to get your nasal inhaler ready to use by placing 5-10 drops of the essential oil/s you are going to be using. Depending on the type of nasal inhaler the application can vary.

If you are using a **disposable plastic nasal inhaler** you will either apply the drops directly to a cotton pad and then assemble the unit or if you are 'recharging' it you may be able to just place a few drops using a thin tipped pipette through the hole the scenting is released from.

If you are using one of our **removable bottle metal styled nasal inhalers** you will disassemble it and place drops on a cotton swab and place inside the bottle and reassemble.

If you are using our **sealed style metal inhaler** you will use the thin tipped pipette included and insert the drops down the openings.

The way to use the inhaler follows:

When you are using the **Personal inhaler** to just help you deal with various emotional issues you simply place the inhaler tip NEXT to and just about a half an inch below your nostril. You do not ever need to place the nasal inhaler inside the nostrils. In fact, we suggest you never insert them in your nose.

The proper way is to hold the inhaler just below your nose and slowly inhale. Slowly is the key. Count slowly 1, 2, 3, 4, 5. as you inhale. Then hold for another count of 5, then slowly exhale.

What this does is help your body to absorb and utilize the essential oil. It gives the essential oil molecules a chance to be absorbed into your bloodstream. Once they are there, they can be delivered throughout the body and to the brain as needed.

Repeat the above procedure – 2 to 3 times for each nostril and then you are done. You can use your nasal inhaler every 2-3 hours if needed.

But what if you have nasal congestion? Then you will need to use two separate nasal inhalers. One you will need to have filled and prepared with **Peppermint essential oil**

Why peppermint? **Peppermint essential oil** will help to quickly reduce swelling and inflammation in your nasal passages. Follow the above instructions for correct inhalation. You may need to hold your finger to close the nostril you are not inhaling through to allow the one nostril to get the benefit of the peppermint oil. Don't forget to do this to both nostrils.

When you have inhaled the **Peppermint oil** into both nostrils wait a few minutes (some folks will have the nasal passages open immediately, others it may take a few minutes). Once you have the nasal passages opened a bit, then you can use your second inhaler with your intended essential oils.

Again, follow the 'counting' method above. If you are dealing with sinus or other upper respiratory ailments you may find you will only need to use the peppermint oil inhaler the first few times. Once the essential oils get the inflammation under control you may not need the peppermint oil inhaler. Although since peppermint smells so good you may choose to use it each time.

What essential oils are popularly used in inhalers?

Lavender of course, but our **Calming blend** or **Peaceful blend** are helpful for if you have a bit of anxiety. Concentration is great to use when driving.

Sinus and Upper respiratory: besides peppermint, **Four Robbers blend** and **Pure Cleansing blend** . **Respiratory Blend** **Easy Breathe Blend** or **Protect Me! Blend**. blends are also useful.

See all our Personal nasal inhalers here **CLICK HERE**. And if you need a Replacement Cotton Wick to easily change from one essential oil to another. **CLICK HERE**

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