



Feelwell

COLD & SINUS

RELIEF FORMULA

“Solution for inhalation of vapour”

Steam inhaling of vapour drops for comforting sinus and cold infection

It promote relaxation and sleep, may relief from cold, nasal blockage and store throat.



Treat your cold at home and at work Place

Alternative and complementary therapies to fight Cold, Sinus congestion and nasal blockage

An oil extracted from a herbs helps to fight and provide the relief from cold, Nasal congestion, Sore throat etc..

Common cold, or upper respiratory tract infection, usually is caused by one of several respiratory viruses, most commonly rhinovirus. These viruses, which concentrate in nasal secretions, are easily transmitted through sneezing, coughing, or nose blowing. Signs and symptoms of the common cold include fever, cough, rhinorrhea, nasal congestion, sore throat, headache, and myalgias.

Steam inhalation is one of the most widely used home remedies to soothe and open the nasal passages and get relief from the symptoms of a cold or sinus infection. Also called steam therapy, it involves the inhalation of water vapor. The warm, moist air is thought to work by loosening the mucus in the nasal passages, throat, and lungs. This may relieve symptoms of inflamed, swollen blood vessels in your nasal passages.

Steam inhalation of vapour for comforting, cold & sinus infection made easy at anytime and anyplace

OFFICE/WORKPLACE/OUTSIDE area steam inhalation of vapour for best result follow these steps:

- In hot water or Cup of Tea, add one drop of this oil and inhale initially for few minutes and later drink the whole drink, will help to fight sore throat, nasal congestion/blockage, loosening the mucus.
- Don't add more than one drop of this oil, it may cause little discomfort in case if you add more than one drop in a cup of tea.



Warning:

Never directly put the essential oils into the mouth.
Never put the oil directly to Nostril/Nose.

Steam inhalation of vapour at home:

Steam inhalation procedure, for best results, follow these steps:

- Place up to 3 drops of oil in a large pot (450ml) or bowl of boiling water.
- Lean over the bowl (keep about ten inches away or you may get a steam burn) and cover your head with a towel to create a tent.
- Close your eyes and breathe through your nose for no more than two minutes at a time.

Feel well (solution) for inhalation of vapour help to relive from nasal congestion and soothe the uncomfortably inflamed membranes that line your nose and throat.



Benefits:

- Feel well has the ability to freshen breath upon drinking with tea.
- It helps to loosening the mucus in the nasal passages, throat, and lungs.
- This herbs have anti-inflammatory, antibacterial, and antiviral properties, which may encourage healing.
- It helps to maintain upper respiratory health.

Ideal for adults and children with congestion caused by the common cold.

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