



All Natural Seawater Solution
HYPERTONIC NASAL SPRAY
The Every Day Nasal Spray™

The VANDERPOOL TECHNIQUE™ for Administering
Breathe the Sea™ Hypertonic Saline Moisturizing Nasal Spray

[see www.BreatheTheSea.com for a video demonstration]

Use Breathe the Sea™ over a sink, in the shower or outdoors.

1. Posture and breathing

- a. Bend forward at your waist.
- b. Tilt your head down so your chin is resting on your chest.
- c. Breathe through your mouth during the spray procedure.

2. First nostril – spray, sniff and hold the solution inside

- a. Insert the nozzle into one nostril while holding the other nostril closed.
- b. Point the nozzle away from the middle of your nose toward your ear.
- c. Press the valve 2 to 3 times to release the spray while simultaneously sniffing. Ideally, you should taste salt by the final spray and sniff.
- d. After the last spray, remove the nozzle and hold your nostril closed to keep the solution inside.

3. Second nostril – spray, sniff and hold the solution inside

- a. While holding your first nostril closed with the solution inside, repeat the steps above in your second nostril, making sure to spray away from the middle of your nose toward your ear.
- b. Remove the nozzle and close your nostril.
- c. Both nostrils should now be saturated with the natural seawater hypertonic saline solution containing mineral salts and trace elements to give the nasal tissues a thorough bath and allow osmosis to help shrink swelling.

4. Massage the outside of your nose to distribute the solution

- a. While continuing to hold both nostrils closed with the solution inside, massage the outside of your nose.
- b. This helps distribute the solution, loosen debris and physically remove buildup from nasal tissues.

5. Grand finale – alternate sniffing

- a. A final step is recommended to complete the nasal cleansing.
- b. Alternately open one nostril and sniff, trying not to allow any solution to escape. Repeat several times from one side to the other.
- c. This agitates the solution inside the nostrils to help it penetrate more deeply and cleanse more thoroughly for optimal results.

6. Blow your nose

- a. Blow your nose one nostril at a time to expel the solution, mucus and debris along with trapped allergens and irritants.
- b. Continue to blow your nose as needed, which will vary depending on the amount of buildup and the quality of the nasal cleansing.

In cases of continued nasal membrane swelling, congestion or mucous buildup in the nasal passages, the process may be repeated again in 5 to 10 minutes.

NOTE: Breathe the Sea™ has a removable anatomically designed nozzle with a one-way valve to help maintain sterility. The nozzle should be washed with warm water and dried between sprays. However, use of dispenser by more than one person may spread infection.