

## *Sinus-Relief Home remedies*

### **Steam Inhalation**

#### Materials

- ✓ Ceramic or glass bowl. Towel
- ✓ 4 cups of hot water
- ✓ 1 drop Eucalyptus oil
- ✓ 1 drop Tea Tree oil
- ✓ 1 drop Pine oil

Pour the hot water in the bowl and add the Essential Oils. Form a tent over your head with the towel. Keep your eyes closed and place your head approx 8 inches from the water level to prevent a steam burn. Inhale slowly and deeply for 10 min. Repeat this treatment at least twice a day, 3 times if you have green/yellow discharge. Avoid cold, windy areas for at least 1 hr after treatment.

### **Hot compresses for sinusitis.** *For pain relief associated with sinus infection*

#### Materials

- ✓ 1 bowl
- ✓ 1 or 2 cups of hot water
- ✓ 4 drops Lavender
- ✓ 4 drops eucalyptus
- ✓ 1 piece of flannel or small face cloth

Pour the hot water in the bowl. Make sure the temperature is approx. 100-102° F. Add essential oils. Swish oils to disperse as much as possible. Soak flannel in water. Remove flannel cloth from water/essential oil bath and squeeze out most moisture. Lie down on a bed or couch, with head slightly elevated at about 30-degree angle to encourage sinus drainage. Apply compress over affected areas. Avoid contact with the eyes or areas around the eyes to prevent irritation. Leave the compress until it dries out, or for a total of 15 to 20min. Cover the bowl of hot water with a lid to keep warm, and remoisten as necessary.

### **Open Sesame Sinus Oil**

If you do not have time for the steam bath and or compresses you can apply the following blend to ease sinus pressure:

- ✓ 1 tablespoon sesame oil
- ✓ 3 drops Lavender essential oil
- ✓ 2 drops Eucalyptus essential oil
- ✓ 1 drop Peppermint oil

To the sesame oil add the right amount of the essential oils. Mix well.

*To use as a massage oil:* Apply sparingly to the face in the area of the affected sinuses. Avoid the eyes as much as possible. Massage into the skin until absorbed. Inhale from finger tips before washing hands well. May be used 3x day.

*To use as nose drops:* Tilt head back and, using an eyedropper, place 1 drop of the above mix into each nostril. May be used up to 3x day.

If you have any questions, please do not hesitate to call or e mail me!

Enjoy!

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#### **References:**

Aromatherapy, soothing remedies to rejuvenate and heal. Valerie Gennari Cooksley, R.N.