SAMSUNG MISTI NETI WASH

The neti wash is a method of cleaning the nasal passages using a saline solution. It is a traditional Indian practice that has been used for centuries to relieve nasal congestion, sinusitis, and other respiratory conditions.

The procedure involves inserting a flexible tube into one nostril and pouring a saline solution into the other nostril. The solution flows through the nasal passages, helping to flush out mucus and foreign particles.

Materials needed:
- Neti pot or a container
- Saline solution
- Warm water

Steps:
1. Fill the neti pot with warm water.
2. Add the saline solution to the water. The ratio of saline to water can vary, but a common ratio is 1:20, meaning 1 tablespoon of saline per 20 tablespoons of water.
3. Rinse the neti pot with water to ensure all the saline is removed.
4. Hold the neti pot under one nostril and insert the nozzle into the other nostril.
5. Gently pour the saline solution into the neti pot, allowing it to flow through the nostril and out the opposite nostril.
6. Repeat the process with the other nostril.

Tips:
- Always use a steriley saline solution.
- Avoid using too hot or too cold water.
- If you have a cold, flu, or other nasal conditions, consult with a healthcare professional before pursuing neti wash.

References:
- SAMSUNG MISTI NETI WASH manual
- Traditional Indian medicine practices