

# baraka

\*breath of life



## RELIEF FOR DRY NOSES!

Whether you live in an arid climate or suffer from the dry out of winter, our Dry Nose Oil will moisten nasal passages and decrease the chance of infection. Inspired by Ayurvedic medicine, this blend contains organic sesame oil and the essential oils of cardamom and cape chamomile.

- \* stimulates the cilia to maintain proper levels of mucous
- \* sesame oil has been used as a moisturizer in Ayurvedic medicine for hundreds of years
- \* great for the dryness that accompanies some colds
- \* contains essential oils that reduce inflammation and congestion
- \* tested in the Andes Mountains; great for use on airplanes!

### What Is A Dry Nose Exactly?

Dry nose occurs when there is a reduction of mucous in the sinus cavities. If overly dry, people may find it painful to breathe, experience nose bleeds and increase their chance of infection.

This condition is often the result of low humidity in the air. Think of it like dry skin which can crack and itch. But unlike dry skin, the sinuses become a breeding ground for infection. Our Dry Nose formula is, in a sense, lotion for the sinus cavities.

Humidity in your home should stay between 35—45%. With the correct humidity, the sinuses remain moist and easily rid themselves of infection and particulate matter such as pollen or dust. How do you know if your home is too dry? Snap your bedroom sheets and see if they spark!

Contains 1 ounce of organic sesame oil and the essential oils of cape chamomile and cardamom.

### Who Can Benefit From Our Dry Nose Oil?

Anyone who kicks on their winter heater, takes a plane ride or lives in an arid region. High altitudes and deserts have humidity that can be less than 25%. Winter heaters and airplanes reduce the humidity to 15% or lower. When you breathe in air that has low humidity, nasal mucous membranes dry up, and this prevents the cilia from moving efficiently.

[www.SinusSupport.com](http://www.SinusSupport.com)

Please let us know if you need any additional information.

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