

Essential Oil Sinus Spray for Moldies

Specific essential oils excel at killing mold and neutralizing mold toxins, while being safe to use as a sinus spray. Regular use of this formula helps to restore the natural flora balance in your sinuses after exposure to mold. Choose scents that appeal to you. Use organic sources whenever possible. Essential oils are concentrates of the plant, so if pesticides were used, the pesticides are concentrated too.

SUPPLIES

1-ounce **glass** spray bottle with nasal diffuser - found at most health food stores or online
(Use glass containers only. Essential oils pull chemicals from plastic into the formula.)

INGREDIENTS

100 mLs of sterile saline

5 drops of two to three mold-killing essential oils

The following essential oils are effective at **killing mold and neutralizing mycotoxins**:

(Select at least 2 different essential oils to increase the mold-killing power.)

Ajwain seed	Cedar	Holy Basil	Rosemary
Eucalyptus	Tea tree	Thyme	
Scotch Pine	Cloves	Cumin seed	

DIRECTIONS

1. Fill the bottle 3/4 full with sterile saline.
2. Drop 5 drops of each essential oil into the bottle. Add up to 25 drops for stronger blend.
3. Shake well before spraying.
4. Spritz into the air and slowly inhale the mist cloud through your nose to test the scent.
5. Adjust blend by adding 1-2 drops at a time until the mix is pleasing to you.

Store in a cool, dry place. Use within 4-6 weeks.

NASAL SPRAY HOW TO

1. Prime the pump pointing the spray bottle away from your face.
2. Insert the tip as high into your nostril as possible.
3. Tip your head back, and pump 2 sprays into your nose. Sniff lightly, if needed, to retain as much of the medicine in your sinuses as possible.
Avoid swallowing the medicine. You want it to remain in your sinuses.
4. Repeat with the other nostril.
5. Use the following steps after you've sprayed the formula up your nose:
 - lie down on your side for 30 seconds
 - flip to the other side for 30 seconds
 - hang your head between your knees for 30 seconds

Check out the [How To video](#) on the Video Blogs page of my website DrCrista.com.