

## How do I use nasal reflex oil, Vivarol and nose ointment for Nasal Reflex Therapy?

### Application Areas

Headaches, migraines, menstrual problems, stimulates circulation in the eyes and head, sinusitis, bronchitis, hay fever, ears, lungs, resistance to colds, snoring, clears your head, improves nasal breathing.

### Upper Zone

Reflex areas for head and sinuses

### Middle Zone

Nasal cavity up to the ears, lungs, heart

### Lower Zone

Female organs, migraines, bronchial area

### How does nasal reflex therapy work?

The three zones are treated using a Q-tip and both aromatherapy oils (Nasal reflex oil and Vivarol). These zones contain reflex areas that are connected with many organs in your body.

Drip both oils on a Q-tip (Nasal reflex oil right on the tip and Vivarol just behind it on the cotton wool) then start with **position 1** where you remain for 2 minutes. Then remove the Q-tip and use a fresh one for **position 2** for a further 2 minutes, then remove again and apply fresh one for **position 3**.

After you have completed the treatment, you can thinly apply nose ointment with your finger to sooth the nasal area inside and out.

