

# Neti pot



**Artikelnummer:** Neti pot

**Gewicht:** 0.40kg

**Preis: 21.00?€**

**Netto: 17.50?€**

## Kurzbeschreibung

Neti - Nasal Cleansing for sinus health

## Beschreibung

One of the simplest yet a very powerful technique, Neti works wonders for chronic sinusitis, allergies and in several cases for Asthma. The Methodology A special "Neti Pot" is filled with warm, slightly salted water and the spout of the pot is inserted into one nostril. The position of the head and pot are adjusted to allow the water to flow out of the other nostril. The technique is not as hard or uncomfortable as one may think at first. You will be pleasantly surprised at this simple and effective method of health maintenance. Once learnt, the practice can be done in about 3 minutes and is easily integrated into a daily routine of body cleansing such as showering or cleaning of the teeth. The practice of nasal cleansing - known as Neti - has been used by practitioners of Ayurveda and Yoga in India for thousands of years. Neti is one of the 6 purification techniques performed prior to practicing yoga as a way of preparing the body for the yoga practice.