

Saline Solution for the Neti Pot



Powdered Mix:

1 1/4 cups of salt
1/3 cup of baking soda

Mix well with a whisk. Store in an airtight container.

To make saline solution for the Neti Pot:

Mix 1 level Tablespoon of saline powder into 3 quarts of cooled, boiled water.

Store in lidded pitcher in the bathroom for easy access.

lovingthehomelife.com