

# HEALTH TIPS

## *For healthy sinuses*

“As owner of WORSHIP WARRIORS [worshipwarriors.net](http://worshipwarriors.net), I have recently developed a “Health & Biblical Oils” category on the website. More products will be added soon! God has been bringing understanding on ways to get back to using organic, natural products. My goal is to share them with you.” ~Lora

It’s time to get those sinuses back to how God intended them to be...healthy. Many factors can irritate our sinuses which can lead to infection. There are a few things you can do to begin the healing process and develop healthy sinuses. Some of these tips may seem a bit surprising yet others may be exactly what you needed to know.

## Facial Cleansing & Treatments

### NATURAL HAND-CRAFTED SOAP

The best way to cleanse the face is with a natural soap, hand-crafted is best. Hand-crafted soap is not filled with the harsh chemicals that store bought soaps have. Our goal is natural and organic remedies. Develop the *healthy* habit of reading labels - that fine print.

Natural hand-crafted soap gives that clean fresh sensation to the skin. It restores the natural ph balance and will bring better absorption of creams and moisturizers.

We have just added a “new” product to our website [Dead Sea Mud Scrub](#). It exfoliates, softens and rids the skin of toxins. The full description of the wonderful soap is on the website.



### NATURAL FACIAL BRUSH

A firm natural bristle brush works best (the facial brush is smaller than the body brush). The reason for this brush is to maintain healthy *Lymphatic Drainage*. Maybe you have noticed dry skin or some puffiness on your face? When using this brush daily as part of your facial cleansing regimen, the lymph system will circulate and stimulate sinus drainage.

The Lymphatic System is the like the janitor of our body, it keeps the fluids in our body balanced for immune fighting protection.

### USING A FACIAL BRUSH

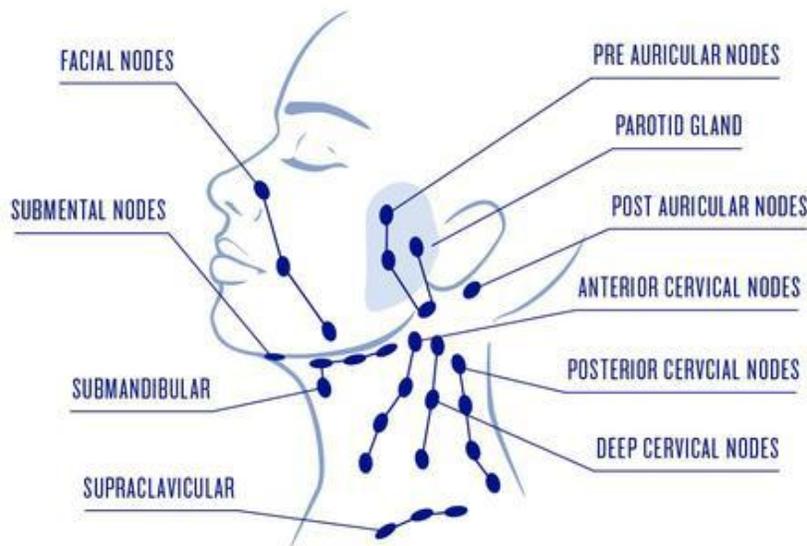
- Make this part of your daily routine
- Apply a small amount of soap/facial cleanser to the brush and wet with warm water
- Rotate the brush in small circles on the entire face and neck area (don’t skip the lips or eyebrows).
- Rinse well and pat dry with a towel

You can apply 2 drops of lavender, frankincense or myrrh essential oil to your brush for added benefit. Follow up with witch hazel on a cotton ball as a natural astringent to close pores before apply face creams and oils.

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## FACIAL LYMPHATIC SYSTEM



*Here is an image of the Lymphatic System on the face and neck.*

And what's the benefit of facial brushing? Improvement of allergy & sinusitis symptoms and removes fluid that is present in the face and neck (congestion, puffy/watery/itchy eyes.)

### GEL FACE MASK

A perfect treat to the end of a busy day is to relax with a gel face mask. Gel Bead Therapy Eye Mask can be used hot or cold. This is pure indulgence...enjoy!

Hot Therapy Mask: As Heating Mask,

- Improve the blood circulation around the eyes
- Ease the sore muscles
- Reduce nasal and sinus congestion

Cold Therapy Mask: As ice pack.

- It slows the release of chemicals that cause pain and inflammation
- Reduce Pain / Swelling around Eyes
- Puffy eyes and eye bags
- Headaches including migraine relief



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### GOD'S MEDICINE

Essential oils for congestion and mild sinus infections help to quickly reduce your symptoms without using pharmaceutical drugs (I like to title it "BIG PHARMA.") I encourage you to do some homework on the origin of using pharmaceutical drugs versus natural remedies. Your findings will be most interesting!

According to Dr. Melinda Ratini on WebMD, some effective natural remedies for sinus infections and congestion include:

- Using a humidifier to keep the air moist and prevent your nasal passages from drying out
- Inhale steam vapors to help ease congested nostrils and sinuses
- Get plenty of rest to help boost your immunity
- Irrigate your nasal passage with a salt water solution (Neti-pot)
- Keep yourself well hydrated

### ESSENTIAL OILS

#### 1. Eucalyptus oil

Eucalyptus essential oil is **one of the most powerful essential oils** to clear away sinus congestion quickly and naturally. It is documented as the go to essential oil for respiratory ailments. The powerful vapors of eucalyptus oil cut through nasal mucus and congested airways to help you breathe easier.



In 1788 Doctors began using eucalyptus oil to treat chest problems. Since the early 1800's eucalyptus oil has been prescribed to clear mucus and respiratory conditions. We are all familiar with Vicks Vapor Rub that Mom used to treat our ailments when we were kids right? You can be sure that eucalyptus oil is a main ingredient in it.

#### 2. Lavender oil

Lavender oil is well known for its calming effect on the mind to help reduce stress and anxiety and get a better night's sleep. However, lavender oil also has an anti-inflammatory effect to ease congestion and get rid of sinusitis symptoms.

#### 3. Peppermint oil

Using peppermint oil for sinusitis and sinus congestion can help make you feel better quicker.

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Peppermint oil has a cooling effect that can give you some relief from inflammation around and in your nasal passages. It can help open your airways. It's best to use peppermint oil in a blend with other essential oils for congestion.

### USING ESSENTIAL OILS

- Put 5 drops of eucalyptus oil, 5 drops peppermint oil, and 5 drops lavender oil in your diffuser.
- You can use one of the 3 essential oils listed above to relieve sinus pressure and congestion by putting a few drops on a Kleenex. Hold the tissue to your nose and breathe deeply to allow the vapors to cut through mucus and help open up your nasal air passages.
  - Inhale deeply to allow the expectorant properties of the essential oils thin mucus so it is easier to expel.
  - Repeat 2 or 3 times a day for instant relief from congested sinuses and help free constricted airways.

### SIMPLE WAYS TO PREVENT AND EASE SINUS SYMPTOMS

- Drink plenty of water: 8oz every 2 hours
- Eat foods with antibacterial properties such as garlic & onions.
- You can also try drinking ginger tea. Add raw honey for an extra boost. **Honey is packed with antioxidants and has antibacterial and antifungal properties.**
- Rest: 7-8 hours nightly to help your body heal sinus airways



*In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations. Rev. 22:2*

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**WORSHIP WARRIORS: [worshipwarriors.net](http://worshipwarriors.net)**

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