

2-Open the white lid and fill the upper chamber with water. Then place a salt pod in the opening and close the lid. The salt pod activates the pump

3-Hold this fitting tightly into the nostrils in your nose. Start the pump. When the lower chamber is half full, stop the pump and turn the fitting 180 degrees. This will direct the flow to the other nostril, which will improve cleaning.



5-Follow these instructions and the pump will run.  
1- Leave a used salt pod in place.  
2-Close to the salt pod lid, drill three 3/16 inch holes in the turquoise plastic cover,  
3-Pour water in through the holes in the cover.

4-To start the pump, push here.

### 1-The Navage Nose and Sinus Cleaner.

I have uses a Navage every day for two years. It is an excellent tool for cleaning your nose and sinuses. Out of the box, to make the pump run you must install a saltwater pod. To make the pump run without installing a new salt pod, follow the instructions in box 5

I have found that nose cleaning is better with salt water. Place three teaspoons of salt in a 500 ml or larger pitcher. Place 400 ml of water in the pitcher and stir until the salt is dissolved. Pour the saltwater in through the holes that were drilled in the upper chamber cover as directed in box 5.

Do the following and the Navage will clean even better. With the pump running, open your mouth and breath in, then close your mouth and breath out through your nose. This will create turbidity, which will improve cleaning.

By Don Searles