

Controlling symptoms of sinusitis without tablets

Easy, effective & free!

What you will need:

A clean thin cloth



Ice cubes



Place ice cube in centre of cloth....



...and secure it with an elastic band to create a small 'ice pack'



Dab the ice pack gently along your sinus areas (shown below). Hold the ice against your skin for as long as you can bear until the ice cube has melted. Repeat as necessary. This helps reduce inflammation and you should feel more comfortable.

