



ANKURITH

— AYURVEDIC WELLNESS —

JAL NETI GUIDE



STEP-BY-STEP GUIDE TO
NASAL CLEANSING



LEARN THE RIGHT WAY FOR
A CLEAN NOSE & EASY BREATHING



ANCIENT
WISDOM



NATURAL &
EFFECTIVE



SAFE & SIMPLE
FOR EVERYONE



DAILY SELF-CARE
FOR WELLNESS



WHAT IS JAL NETI?



A SIMPLE, ANCIENT PRACTICE FOR MODERN WELLNESS

Jal Neti is a traditional yogic practice of cleansing the nasal passages with warm salt water. It helps wash away dust, mucus and impurities, keeping your nose clean and your breath easy.



AYURVEDIC ROOTS

Recommended in ancient
Ayurvedic texts for
daily nasal hygiene.



CLEAN & REFRESH

Helps clear the nasal
passages and promotes
fresh, comfortable breathing.



DAILY SELF-CARE

A simple practice that
supports your overall
wellness naturally.



BREATHE BETTER

Clean nose, clear breath,
better focus and more
energy every day.





WHY YOUR NOSE NEEDS CLEANSING



THE FIRST STEP TO BETTER BREATHING AND OVERALL WELLNESS

Your nose is the gateway to your body. Every breath you take passes through it. Throughout the day, it traps dust, allergens, pollution, and other particles.

Over time, this buildup can affect your breathing, comfort and overall well-being.



Jal Neti helps wash away these impurities and keeps your nasal passages clean, moist and healthy.



WHAT CAN BUILD UP INSIDE YOUR NOSE?



DUST



POLLUTION



POLLEN



SMOKE



PET DANDER


**AIRBORNE
PARTICLES**


WHO CAN BENEFIT?



ALLERGY SUFFERERS

Helps remove pollen, dust and allergens that trigger sneezing and congestion.



SINUS DISCOMFORT

Helps clear mucus and supports healthy sinus function.



POLLUTION EXPOSURE

Helps wash away fine dust, smoke and toxins from the nasal passages.



HOW IT HELPS?



CLEANSES NASAL PASSAGES

Removes impurities and keeps your nose clean and fresh.



IMPROVES BREATHING

Supports easy and natural breathing through clean nasal passages.



SUPPORTS IMMUNITY

A clean nose acts as a natural defense against unwanted particles.



ENHANCES WELL-BEING

Promotes better sleep, focus and overall comfort.



“ A few minutes of daily care can bring a big change. ”

Clean nose.
Clear breath.
Better life.





WHAT YOU NEED FOR JAL NETI



The Right Tools. The Right Ingredients. The Right Start.

Having the right tools and ingredients is essential for a safe, comfortable and effective Jal Neti practice.

Here are the three essentials you will need.



THE 3 ESSENTIALS

1 NETI POT

Use a clean, smooth Neti pot with a comfortable spout.



- ✓ Ceramic or food-grade plastic
- ✓ Smooth spout for easy flow
- ✓ Capacity: 200 ml (recommended)

2 JAL NETI SALT

Use a specialized Jal Neti salt for the right balance.



- ✓ Pure, non-iodized salt
- ✓ With Sodium Bicarbonate
- ✓ Pre-measured for perfect balance

3 WARM WATER

Use clean, lukewarm water for a soothing experience.



- ✓ Use drinking quality water
- ✓ Lukewarm (body temperature)
- ✓ Do not use hot or cold water



PREPARE THE SOLUTION

The right salt-to-water ratio makes all the difference.



1 Take 250 ml of lukewarm water.

2 Add 1 level scoop (approx. 5 g) of Jal Neti Salt.

3 Stir until the salt is completely dissolved.

4 Solution is ready when it feels like normal saline.



PRO TIP

Always use fresh solution for each session. Do not reuse or store the solution.



With the right tools and the right preparation, you are ready for a safe and effective Jal Neti experience.

Let's learn how to do it the right way!





HOW TO DO JAL NETI



Step-by-Step Guide to a Safe and Effective Practice

Follow these simple steps to cleanse your nasal passages properly. Take your time. Stay relaxed. Breathe better.

THE STEP-BY-STEP PROCESS

1 PREPARE THE SOLUTION



Use warm (lukewarm) water and add the right amount of Jal Neti Salt. Stir until the salt is completely dissolved.

2 FILL THE NETI POT



Pour the prepared solution into the Neti pot. Make sure the spout is clean and open.

3 CHOOSE YOUR POSITION



Lean forward over the sink and tilt your head to one side. Keep your mouth slightly open and breathe through your mouth.

4 INSERT THE SPOUT GENTLY



Gently place the spout in the upper nostril. Ensure a soft, comfortable seal.

5 POUR THE SOLUTION



Slowly tilt the pot. The solution will flow in through one nostril and out through the other. Keep breathing through your mouth.

6 REPEAT ON THE OTHER SIDE



Empty the pot, refill with fresh solution and repeat the process on the other nostril.

7 BLOW YOUR NOSE GENTLY



Gently blow your nose to remove any remaining solution and mucus. Do not blow too hard.

8 DRY YOUR NASAL PASSAGES



Tilt your head down and to each side. Take a few gentle breaths through your nose to ensure it's completely dry.



IMPORTANT REMINDERS



Always use lukewarm water.



Use the right salt-to-water ratio.



Practice regularly for the best results.



Clean your Neti pot after each use and keep it dry.



A few minutes of care today,
a lifetime of easy breathing.

“ Clean nose.
Clear breath.
Better life. ”





BENEFITS OF JAL NETI



Natural Cleansing.
Better Breathing. Everyday Wellness.

Jal Neti is a simple daily practice with powerful benefits for your nasal health, respiratory system and overall well-being.

KEY BENEFITS



1. CLEARS NASAL PASSAGES

Flushes out dust, pollen, allergens and mucus to keep your nose clean and open.



2. IMPROVES BREATHING

Helps you breathe easier by reducing nasal blockage and improving airflow.



3. RELIEVES ALLERGY SYMPTOMS

Reduces symptoms of allergies, sinusitis, hay fever and chronic rhinitis.



4. SUPPORTS IMMUNITY

Regular cleansing helps prevent infections and keeps the respiratory system healthy.



5. ENHANCES MENTAL CLARITY

Promotes better oxygen flow, helping you feel refreshed, focused and energetic.



6. IMPROVES SLEEP QUALITY

Clear nasal passages support deep, restful sleep and reduce snoring.



7. SUPPORTS SINUS HEALTH

Helps in the management of sinus congestion and prevents sinus infections.



8. PREPARES FOR PRANAYAMA & YOGA

A clean nasal passage is essential for effective breathing practices and inner balance.



PRO TIPS

- ✓ Practice Jal Neti on an empty stomach or before meals.
- ✓ Use lukewarm water for the best results.
- ✓ Be gentle and never force the solution.
- ✓ Make it a part of your daily routine for long-term benefits.



CAUTIONS

- ✓ Do not use hot or cold water.
- ✓ Use the right salt-to-water ratio.
- ✓ Avoid practice during acute ear infection or severe nasal bleeding.
- ✓ Always dry your nasal passages properly after practice.

“ A few minutes of care today can bring a lifetime of clear breathing and vibrant health.





COMMON MISTAKES & HOW TO AVOID THEM



Jal Neti is simple and safe when done correctly. Avoiding a few common mistakes ensures better results and a more comfortable practice.



MISTAKES TO AVOID

01



USING HOT OR COLD WATER

Always use lukewarm water. Hot or cold water can cause irritation and discomfort.

02



USING WRONG SALT RATIO

Too much or too little salt can cause burning or irritation. Use the right salt-to-water ratio.

03



FORCING THE SOLUTION

Never force the water. Let it flow gently through one nostril and out the other.

04



NOT CHECKING WATER TEMPERATURE

Always check the temperature before practicing. Lukewarm water is key to comfort and safety.

05



PRACTICING DURING INFECTION OR NASAL BLEEDING

Avoid Jal Neti during severe cold, ear infection, or nasal bleeding. Wait until you recover.

06



INCORRECT POSTURE

Leaning too far back or not tilting your head properly can cause water to go into the throat.

07



NOT DRYING THE NOSE PROPERLY

After Jal Neti, it's important to dry your nasal passages. Leaving water inside may cause heaviness or cold.

08



IRREGULAR PRACTICE

Inconsistent practice may not give the best results. Make it a regular part of your daily routine.

PRO TIPS

- ✓ Use only high-quality Jal Neti Salt.
- ✓ Practice on an empty stomach or before meals.
- ✓ Breathe through your mouth during the process.
- ✓ Be gentle and patient. Do not rush.
- ✓ Make it a relaxing ritual, not a task.



REMEMBER

- ✓ Consistency brings the best results.
- ✓ Listen to your body and respect its signals.
- ✓ Jal Neti is a practice of self-care and awareness.
- ✓ When done right, it brings clarity, better breathing, and lasting wellness.



“ Small mistakes can stop big benefits.
Practice it right and breathe life. ”





AFTERCARE & BEST PRACTICES



The Key to Maximum Benefits

Proper aftercare is as important as the Jal Neti practice itself. Following the right steps ensures effective results, prevents discomfort, and keeps your nasal passages healthy and clear.

AFTERCARE STEPS

01



DRAIN THE REMAINING WATER

Bend forward and gently tilt your head side to side to let the water drain out.

02



BLOW GENTLY

Gently blow your nose without force. Do it one nostril at a time.

03



DO KAPALBHATI BREATHS

Do 20–30 gentle Kapalbhati breaths to clear any remaining water from inside.

04



REST & RELAX

Sit quietly for a few minutes and allow your body and mind to relax.

05



KEEP WARM

Avoid cold air, wind, and AC immediately after practice.

06



STAY HYDRATED

Drink warm water or herbal tea to support your body's detox process.

PRO TIPS

- ✓ Always use lukewarm saline water.
- ✓ Practice in the morning for best results.
- ✓ Be consistent – daily practice brings long-term benefits.
- ✓ Listen to your body and don't rush the process.
- ✓ Use high-quality Jal Neti Salt for safe and effective practice.

IMPORTANT NOTES

- ⚠ Never skip the aftercare steps.
- ⚠ Improper aftercare may cause heaviness, cold, or sinus discomfort.
- ⚠ If you feel ear discomfort, stop and consult an expert.
- ⚠ People with severe sinus infection, ear problems, or recent surgery should consult a healthcare professional before practicing.

“ Care after Jal Neti completes the practice and prepares your body for the benefits. Do it right, feel the difference. ”



JAL NETI GUIDE



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CHAPTER

08

THE LAST CHAPTER



⇒ Thank You! ⇒

You've completed this guide.

Jal Neti is a simple practice with powerful benefits when done consistently and correctly.

Make it a part of your daily routine and experience a lighter, clearer, and healthier you.



OUR BRAND STORY

Ankurith is rooted in the timeless wisdom of Ayurveda and inspired by a simple mission – to bring traditional wellness practices into modern lives with purity, quality, and care.

Our products are carefully crafted to support your daily wellness naturally and effectively.



⇒ Trusted by thousands of wellness seekers across India. ⇐

OUR WELLNESS RANGE



JAL NETI SALT

PURE • POTENT • NATURAL

Made with pharmaceutical grade ingredients for a safe and effective Jal Neti experience.



JAL NETI POT

ERGONOMIC • SAFE • DURABLE

Designed for comfort and ease of use. Made from high-quality, BPA-free material.



ANKURITH WELLNESS YOUTUBE CHANNEL



Scan the QR Code to visit our channel for step-by-step Jal Neti tutorials, wellness tips, yoga practices, and much more!

↳ Subscribe for regular updates!

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Loved by Our Customers

- ✓ Premium Quality
- ✓ Pure & Safe Ingredients
- ✓ Secure Packaging
- ✓ Fast & Reliable Delivery
- ✓ Excellent Customer Support



SCAN TO VISIT
OUR AMAZON STORE



Search for "Ankurith Jal Neti Salt" or "Ankurith Jal Neti Pot" on Amazon

YOUR WELLNESS JOURNEY CONTINUES...



DISCIPLINE
in Practice



PURITY
in Ingredients



CONSISTENCY
in Routine



CLARITY
in Life

Stay consistent,
stay healthy,
stay Ankurith.



BREATHE BETTER. LIVE BETTER. NATURALLY.

