



SALT WATER GARGLE INSTRUCTIONS

Salt water can be gargled to relieve scratchy and sore throats. The salt water helps wash away the mucus that lines the throat and helps reduce inflammation. The method for gargling salt water takes only a minute and a few simple supplies. Repeat several times throughout the day or as needed.

What you will need:

1. ½ to ¾ teaspoon salt.
2. One cup of pure water (warm water may be more soothing & dissolves the salt a little faster).
3. A glass to mix in.

Salt Water Gargle:

1. Stir salt into Water until dissolved.
2. Take a sip of salt water, without swallowing.
3. Tilt your head back and gargle with the salt water for 10-15 seconds, before spitting it out into a sink.
4. Repeat the gargle process once more to ensure you have washed away as much mucus as possible.
5. Repeat as needed.