

1

Attach the nose piece to the Avya Steam Inhaler and power on the device by pressing and holding the button for 3 seconds.

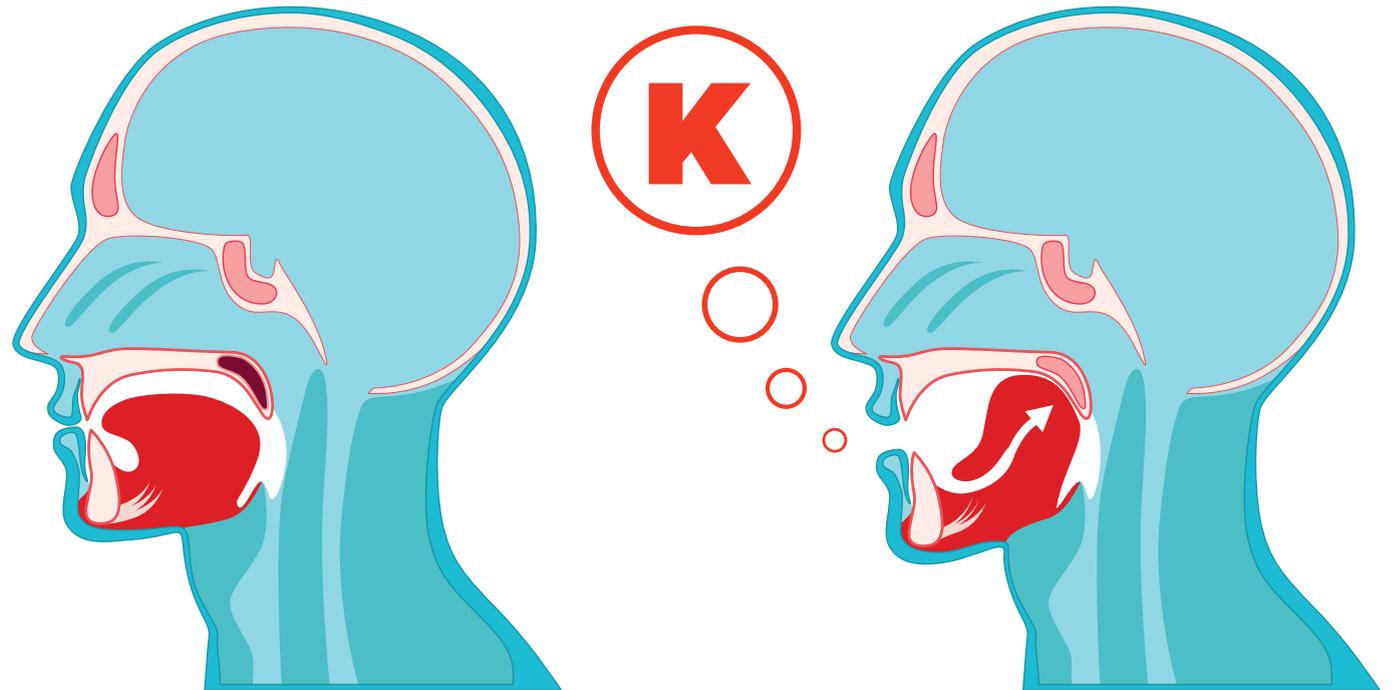
2

Sit in an upright and relaxed position. Do not tilt the device back. Hold it upright to create a seal with the nostril. We recommend focusing on one nostril per 2-3 minute treatment.

3

VERY IMPORTANT! Make sure your soft palate is closed. How do you do that? Make the sound of a “K” and keep your mouth in this position, with your tongue pressed against the palate.

CLOSING YOUR SOFT PALATE



MAKE THE SOUND OF THE LETTER “K”

4

Carry out the treatment with your soft palate closed for about 10 seconds, and then take a short break (when the soft palate is closed you cannot breathe in). It is normal to feel a slight pressure in the sinuses as steam penetrates.

5

Repeat the process to continue the treatment.

6

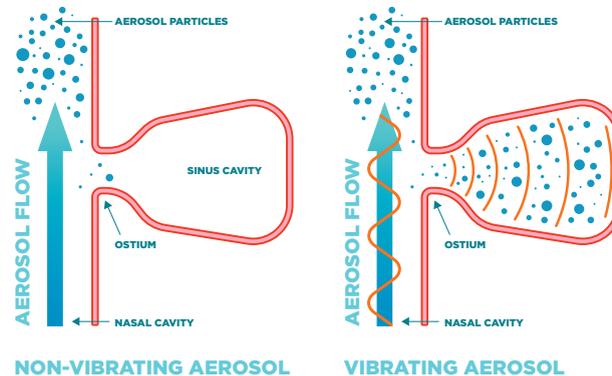
Repeat on the other nostril.

7

To check if you are doing the method correctly stand in front of a mirror. You should see steam coming out of the other nostril as it passes through the nasal passage.

NOTE: Water residue may accumulate in the nosepiece while taking a treatment. Please tip the unit forward to release any accumulated water, between nostril treatments.

AVYA Uses vibrating technology to deliver saline much deeper and better than traditional sinus rinses. This diagram outline how pulsating steam gets pushed into the paranasal sinus cavities:



We hope you find AVYA helpful in managing your condition.

If you have any questions or concerns please email our support team at support@aura-medical.com

AVYA USING THE NOSE PIECE



The Avya Steam Inhaler provides soothing, drug free relief from symptoms associated with Sinusitis, Allergy, Cold, and Flu.

Using Avya twice daily can dramatically increase your quality of life and general wellbeing. For some users a more intense therapy is required to ease nasal discomfort. The instructions provided here should only be used by individuals seeking a more intense experience.

Note: It is normal for Avya to have a new, factory smell. To eliminate this smell we recommend running a cycle of the following solution through the water tank: 6 Tbs Tap water + 0.5 tsp of baking soda + 0.5 tsp vinegar. Repeat if necessary.