



Treatment of spring sneezing with medicinal plants

To reduce sneezing caused by allergies and seasonal sensitivity, it is recommended to use violet oil in sweet almond base.

Twice a day, put a drop of violet oil into your nostrils. In addition, massage your forehead using the same oil. This will reduce the intensity of sneezing and in some cases it will be completely eliminated.

Along with the use of violet oil, avoiding food is one of the ways to get rid of seasonal sneezing. Avoid eating spices, fried foods, chocolate and coffee in spring and minimize their consumption.