



## Inhale Directions

1. Bring the grey stone to a rolling boil in a 1-2 quart pot.
2. Once it starts to boil turn off the stove and remove from heat. Place a towel over your head and the pot to capture as much steam as possible.
3. Breathe the steam for 5 minutes
4. Let face air dry (for best results do not towel dry)
5. Wait 30 minutes and repeat process 3 times total.
6. Do this for a few weeks then as needed.

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