

FAQs

Can I use Clear My Head in a tea? No. Clear My Head is intended for external use only. The herbs are infused with powerful essential oils that combine for powerful effects and also render it unsafe for consumption.

How long does it last? Clear My Head will last up to 2 years when used as directed on the product tag. Shaking the jar periodically will keep the scent invigorating. For maximum life and to retain the therapeutic qualities, we suggest you do not keep the jar open for more than 20 minutes at a time. If you require a more powerful solution for severe sinusitis, see how to make a steam treatment or use in conjunction with Clear My Head to Go (CMH2GO) Roll-on.

What is it made of? Clear My Head is a custom blend of seven pure essential oils and all natural herbs. CMH2GO is the same signature blend of oils in quality jojoba oil for a long lasting shelf life that will not deteriorate like other cold pressed oil blends.

What is the shell for? Desktop users will notice that there is a seashell inside the jar. Besides adding a bit of visual interest & whimsy, it can be carried discretely in your pocket or purse to capture the scent when you are unable to be near your jar.

How much do I use for steam use? Steam use: 1 Tablespoon to one cup boiling water. Tent your head with a towel to allow the steam to enter your nasal passages. Breathe normally for 5 to 10 minutes.

Are your products safe for pets? When used as directed, there should be no harmful effects on your pet. However, it does tend to make a good cat repellent and essential oils should be used with caution around birds. Never use CMH or CMH2GO directly on an animal.

Can I use Clear My Head to Go on my Children? Both Clear My Head and Clear My Head to Go are made with natural ingredients for adults. We caution using CMH2GO on children younger than 5 years of age. We suggest if your little one has a stuffy nose that you apply the CMH2GO to your chest or wrist and cuddle the child closely so they can inhale the oils without having to apply them to the skin. You may use the Clear My Head jar inhalation in the room, but be sure it is out of the reach of curious hands.

What do the essential oils do? Sinusitis most often develops after a cold (a viral infection) and may improve on its own with home treatment. More than half of sinus infections improve on their own, but sometimes they develop into a bacterial infection. Swelling, inflammation, and mucus production caused by the cold can lead to blockage in the nasal passages, which may encourage the growth of bacteria. The powerful essential oils in Clear My Head can help kill both viruses and bacteria - keeping a secondary (the yellow and green mucus) less likely.

Will Clear My Head stop my snoring? There have been no studies as to whether CMH (Clear My Head) will help eliminate snoring. Let us know if it does!

Are your products tested on animals or have any animal products in them? Are they derived from organic ingredients? Our products are made with organic or wild-crafted essential oils, herbs and oils. We NEVER test on animals. We remain committed to products that are both harmonious with the earth and all its inhabitants.