Remedies for Sinus Pain and Congestion

I’ve been treating a lot of people recently with sinus pain and congestion. Did you know that acupuncture is very effective for opening up the sinuses and relieving pain and congestion? Here are some things to try at home to help relieve the pain and congestion.

Sinus headaches respond well to steam inhalations. Add some essential oil to a bowl of almost boiling water, lean over the bowl and cover your head with a towel. Close your eyes and breathe in the steam. Essential oils include: pine, eucalyptus, sage, rosemary and thyme. Try them alone or in a combination that appeals to you.

A hot compress applied to the forehead can also help with the pain. Try infusing the water with lavender or peppermint oils.

The points that I needle most frequently can also be stimulated effectively with acupressure. Stimulating the following points can be a great way to open up the sinuses and relieve congestion. You can gently massage them or apply firmer pressure with a fingernail or a pen lid.

- **ST 2**: looking forward, and in line with your pupil run your finger down your cheek until you feel a small hole in your cheekbone – this is ST 2 and will most likely be tender.
- **ST 3**: keep running your finger down the same line (in line with your pupil) until you are level with the bottom of your nose. You’ve found ST 3.
- **BL 2**: in line with the inner edge of the eye, move your finger up near the edge of your eyebrow and you will feel a ridge in the bone. This is BL 2
- **Yuyao** is found in the middle of the eyebrow and in line with the pupil (when looking forward). You will feel a small ridge in the bone here too.
- **LI 20** is in the groove that happens when you smile. Follow this groove up towards the nose and when you are level with the middle of your nostrils you’re there.
- **Bitong** is found by going further along this groove until you reach the highest point.
- **Biyang** is in the angle formed where the fleshy part of the nose meets the bone.