



Humidifyer

Just Plane Healthy

Instructions for the use of the HumidiFlyer

Note the adjustable straps

Before putting on the *HumidiFlyer* you will note that there are easily adjustable elastic straps on each side of the mask. The metal band across the mask, where it fits the bridge of the nose, helps to secure a comfortable fit.



Fit the Mask

Place the *HumidiFlyer* over the mouth and nose and adjust the elastic straps for a comfortable but firm fit, by pulling on the elastics on the sides of the mask. A snug fit around your lower face ensures that as your head moves, the *HumidiFlyer* remains in place and you gain the maximum benefit from its use.



Positioning the straps

The elastic strap sits approximately in line with the ear lobes and rests at the back of your head where the head and neck join. However, some people find it just as comfortable to have the elastic over the top of the ear and go to the back of the head. It's easy to wear either with spectacles, a sleep mask, travel pillow and head phones. Adjust the elastic strap to achieve the most comfortable result.



You may be purchasing more than one *HumidiFlyer* for a fellow traveler or group member. To avoid confusion over which *HumidiFlyer* is yours, write your name or initials on the label on the back of the filter housing, before use.



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How long should I wear my Humidifyer?

The more the *Humidifyer* is used on your flight, the more benefit you will receive. For example, on an 8 hour flight, little relief will be achieved if used for only 1 hour, while 4 hours or more use will deliver substantial relief. Many experienced *Humidifyer* users prefer to wear it for almost all of their flight because of the comfort it provides.

Extra benefit

Many travelers find that a few drops of aroma therapy oil added to the filter provide additional relief while in use. Eucalyptus oil used in this way is especially soothing for the sinuses.

Storing and Handling

When you have completed your flight, place the *Humidifyer* back in the re-sealable plastic bag. Ideally the mask should be cleaned after use, as long as the filter does not get wet. Hold the unit upside down while cleaning the mask with warm soapy water and rinse thoroughly. Alternatively, wipe clean with an antiseptic cloth and dry thoroughly before placing back into the plastic bag. If the unit is not completely dry at the end of your flight remember to remove it from the bag as soon as possible and allow it to dry.

That's all there is to using the *Humidifyer* - nothing to plug in - nothing to add to the product - just breathe normally and the unit starts to provide you with more 'natural humidity'. Do not add water to the unit. However, remember to drink plenty of water during your flight for your general well-being.

Product Life

The *Humidifyer* has an estimated life of 100 hours and can be re-used over many flights after which time a new one will need to be purchased.

Order Form

An order form and further information can be viewed at www.humidifyer.com



Have a happy and healthy flight!

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