Forest Myst™ Flute — Instructions for Use

Welcome

The BlissThera® Forest Myst™ Flute is a new kind of technology, unlike anything else. Nothing is burned, nothing is heated, and nothing is drawn into your lungs.

It's a Taste, Not a "Hit"

New users sometimes expect something strong and immediate. The Forest Myst™ Flute is not that kind of product. It is not meant to be inhaled into the lungs, and there is nothing to “hit.”

The Flute is a ritual and an experience meant to be enjoyed. You taste a formula over a minute or two and let its flavor and aroma unfold. Some formulas, such as Tranquil Mind™ and Deep Rest™, have a fuller, rounder aroma that reveals itself quickly; others open up gradually. Either way, the pleasure is in the pace.

How Tasting Works: Retronasal Olfaction

Instead of pulling smoke or vapor into your lungs, you sip the cool Forest Myst into your mouth, the way you would draw through a straw. You hold it, taste it, then release it gently out through your nose.

That release through the nose is the key. As the myst passes out through the nasal cavity, its aromatic compounds reach the olfactory epithelium, a small patch of sensory nerve cells high in the nose where the body actually receives aroma. This is **retronasal olfaction**, and you already do it every time you eat.

Here is why that matters: the taste buds on your tongue can only detect five basic sensations, which are sweet, salty, sour, bitter, and umami. Everything else you think of as "flavor" is actually aroma, perceived in the nose through retronasal olfaction. The Forest Myst™ Flute is built around that natural pathway, so the full character of forest botanicals is tasted and smelled the way aroma is meant to be experienced. Nothing is burned or heated.

Before You Begin

Shake it, every time. The Forest Myst Nectar ingredients can separate between uses, so shake the Flute before each session to mix them.

Settle the Nectar into the reservoir. Hold the Flute upright and give it a few gentle shakes or taps to bring the liquid down into the bottom of the reservoir, especially if it has been resting on its side or upside down. The body of the Flute is translucent, so you can watch the fluid move to the bottom. Doing this keeps liquid Nectar out of your mouth and prevents "weeping" around the thumb lever.

Keep the cap tight. Always keep the screw cap on the back snug. A loose cap is the most common cause of leaks.

How to Use Your Forest Myst™ Flute

Think of it in five simple steps: **Sip. Savor. Release. Bloom. Repeat.**

1. Prepare. Pour about half of the 5 ml Nectar bottle (2.5 ml) into the Flute's reservoir. The Flute is translucent, so you can see the level. Each Flute holds one formula at a time. Finish a bottle before switching formulas so each one stays pure and true. Many people keep two or three Flutes going with different formulas.

2. Turn it on. Hold the Flute **vertically**, cap up. Press the thumb activation lever upward to open the airway. The lever is held by spring pressure, so it may take a firm push. Always use the Flute upright, never sideways, or liquid Nectar can reach your mouth.

3. Sip. Draw the myst gently into your mouth, the way you would sip through a straw. Slow and unhurried. There is no need to pull hard.

4. Savor. Hold the myst in your mouth and taste it, the way you would taste fine food or wine. Let it rest on your palate for a moment. This is where the experience begins.

5. Release and Bloom. Keep your lips closed and let the myst out slowly through your nose. As it passes, the full aroma blooms, and the deepest character of the formula reveals itself. Take your time.

Repeat as you like. A session can be a single mindful sip, several minutes of quiet ritual, or a Flute kept in hand through the day, tasted whenever the mood strikes. There is no wrong pace.

Finding Your Pace

The Flute is meant to be enjoyed slowly, and everyone settles into a different rhythm. Start with a couple of unhurried tastes and pause for a few minutes before deciding whether you want more. Small sips with pauses between them are the best way to get to know each formula's flavor and character.

Some people enjoy a short series of tastes in a row to open up the full flavor of a formula, then return to occasional sips. Others prefer a single sip now and then. Whatever your pace, release the myst slowly through your nose so the aroma blooms fully.

Many people simply carry a Flute through the day as **a daily companion,** and taste it when the mood strikes. Some formulas, such as Deep Rest™, are made for particular moments, such as the end of the day, rather than all-day tasting.

Sipping water or another drink while you use the Flute adds to the enjoyment and refreshes your palate between tastes.

A Note on Sound

Sipping can create a soft sound as air moves through the Flute. When you need quiet, sip lightly. The Flute can be used in complete silence when necessary.

You may sometimes hear a faint gurgling on a strong pull. That is normal when there is plenty of Nectar in the reservoir, and it fades as the fluid level drops. The sound is not required for the Flute to work. As long as you can taste the botanical flavors, it is working.

Care and Handling

Carrying your Flute. The Flute is made of durable, food-safe polymer plastic and can fracture if dropped. Do not carry it loose in a pocket with keys, coins, or other hard objects.

Two kinds of leaks, both easy to solve.

- *From the cap:* If Nectar leaks from the back, the screw cap is not tight enough. Simply tighten it and wipe the Flute with a tissue.

- *"Weeping" around the lever or mouthpiece:* This happens when the Flute has been stored on its side or upside down and then used before the Nectar has settled. Turn it upright and gently tap the fluid back into the reservoir before use.

Storing your Flute. Store Flutes upright, or with the top higher than the base. If it must lie flat in a bag or case, just tap the Nectar back down into the reservoir before your next use.

If the lever sticks. The thumb lever is held by spring pressure and can stick after long disuse or a change in temperature. Press a little harder. Note that excessive heat or months of disuse can cause it to stick permanently.

Refilling. Add about half of the 5 ml bottle (2.5 ml) at a time. Because the Flute is translucent, you can see when it's time to add the rest.

⚠ Important: Keep Flutes Out of Heat

Do not leave Flutes in hot environments, such as a parked car in summer or resting near kitchen heating elements. Excessive heat can permanently damage the device.

Caution. For adults 21 and over. Keep out of reach of children and pets. Refill liquid is not for ingestion; do not drink. Contains plant-derived botanicals, essential oils and terpenes, and may contain citrus and mint oils, which can cause sensitivity in some people. Do not use it if you are sensitive to botanical ingredients. If you are pregnant or nursing, have asthma or another respiratory condition, or have a known fragrance sensitivity, consult a healthcare professional before use. Stop use and consult a healthcare professional if you experience irritation, coughing, headache, or any other adverse reaction. Store at room temperature, away from heat and direct sunlight. Use refill within 90 days of opening.

Drink fluids if your mouth or sinuses feel dry.

Disclaimer. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.