THE CLAIMS DEFINING THE INVENTION ARE AS FOLLOWS:

1) Apparatus for delivering a fluid to a subject, the apparatus including:
   a) a vessel fillable with an amount of water through an opening;
   b) a cap for covering the opening and configured to store an additive to be released into the water; and
   c) a fluid delivery attachment including a body having:
      i) a cap engaging portion configured to rupture a portion of the cap in order to release the additive into the water;
      ii) a fluid outlet; and
      iii) a passageway extending between the cap engaging portion and the fluid outlet,

   wherein, the cap engaging portion is engageable with the cap so as to allow fluid to flow between the vessel and the fluid outlet.
2) Apparatus according to claim 1, wherein the cap includes a housing having a top portion containing a weakened region.
3) Apparatus according to claim 2, wherein the additive is stored below the top portion, wherein the additive is stored in the cap by a seal configured to hold the additive, and wherein at least part of the cap engaging portion is configured to be inserted into the cap so as to rupture a part of the top portion in the vicinity of the weakened region.
4) Apparatus according to claim 3, wherein at least one of:
   a) rupturing the part of the top portion causes the seal to be ruptured to thereby release the additive into the water;
   b) the part of the top portion of the cap that is ruptured remains hingedly connected to the cap allowing it to fold out of the way as the at least part of the cap engaging portion is inserted into the cap; and,
   c) the seal remains hingedly connected to the cap after it has been ruptured, the seal hinging about the same location as the part of the top portion of the cap that is ruptured.
5) Apparatus according to claim 3 or claim 4, wherein the cap engaging portion includes a tubular element that terminates in a longitudinal end having a cutting portion configured to rupture the part of the top portion.

6) Apparatus according to claim 5, wherein the tubular element is a split tube configured so that a part of the weakened region remains intact when the cutting portion ruptures the part of the top portion.

7) Apparatus according to claim 5 or claim 6, wherein the vessel includes a body having a neck region around the opening, and wherein the cap housing includes an outer wall spaced apart from an inner wall that both downwardly depend from the top portion.

8) Apparatus according to claim 7, wherein at least one of:
   a) the neck region of the vessel is receivable between the inner wall and the outer wall to thereby locate the inner wall within the opening of the vessel; and,
   b) the tubular element is positionable within the inner wall to thereby allow fluid to flow from the vessel into the fluid delivery attachment.

9) Apparatus to claim 7 or claim 8, wherein the tubular element includes one or more resiliently deformable tabs engageable with a bottom surface of the inner wall so as to retain the cap with respect to the fluid delivery attachment.

10) Apparatus according to claim 9, wherein the cap housing further includes a grippable release element that is able to be pulled in order to release or tear the cap away from the fluid delivery attachment.

11) Apparatus according to claim 10, wherein the grippable release element is at least one of:
   a) attached to the outer wall; and,
   b) a flexible tab.

12) Apparatus according to any one of the preceding claims wherein the cap is for a single use.

13) Apparatus according to any one of the preceding claims, wherein at least one of:
   a) the fluid delivery attachment is releasably engageable with the vessel;
   b) the fluid delivery attachment is made from a non-porous plastic;
   c) the vessel is made from glass or a non-porous plastic; and,
   d) the vessel includes an elastomeric one-way valve which selectively allows air into the vessel in order to balance air pressure inside and outside of the vessel in order to regulate flow of fluid through the fluid outlet.

14) Apparatus according to any one of the preceding claims wherein the additive is one of:
   a) a dissolvable tablet; and,

b) a liquid.

15) Apparatus according to any one of the preceding claims, wherein the additive contains at least one of:

a) a saline composition;

b) a fragrance; and,

c) a medicament.

16) Apparatus according to any one of the preceding claims, wherein the fluid delivery attachment is adapted for one of:

a) nasal irrigation; and,

b) steam inhalation.

17) Apparatus according to any one of the preceding claims, further including a base portion configured to receive the vessel.

18) Apparatus according to claim 17, wherein the base portion is configured to heat the vessel.

19) Apparatus according to claim 1, wherein the cap includes a housing having a first seal located at the top of housing and a second seal located at the bottom of the housing, wherein the additive is stored in a cavity between the first and second seals, and wherein at least part of the cap engaging portion is configured to be inserted into the cap so as to rupture a part of the first and second seals to thereby cause the additive to be released into the water.

20) Apparatus according to claim 1, wherein the vessel is a two-part construction including a body portion releasably engageable with a lid portion, the opening disposed in the lid portion.