CLAIMS

1. A nasal congestion reliever that is to be mounted to a nose in order to relieve nasal congestion, the nasal congestion reliever comprising:

a pair of storage parts in which a chemical exothermic composition is stored; and

a connection part that connects the pair of storage parts,

wherein

the storage parts each have an aeration part for bringing the chemical exothermic composition into contact with air,

moisture permeability of the aeration part is 8000 g/(m^2·24h) to 20,000 g/(m^2·24h),

an area of the chemical exothermic composition in plan view is 200 mm^2 to 500 mm^2, and

the connection part is provided with an elastic member that extends side walls of the nose outward when mounted.

2. The nasal congestion reliever according to claim 1, wherein a distance between centers of the pair of storage parts is 55 mm to 90 mm.