


FORREST & LØKKE

TONGUE CLEANER





AYURVEDA RITUAL FOR ORAL HYGIENE

According to Ayurveda, the root cause for all disease is improper digestion. However, consuming wholesome foods alone is not enough. A key component for optimal digestion is also a healthy mouth!

Ama or toxins are expelled by the body when we go through detoxification and repair processes during sleep. A way to rid your body of these toxins is through the Ayurvedic practice of tongue cleaning or scraping, as *ama* gets accumulated at the back of the tongue after a sleep cycle.

WHY COPPER

Copper finds a prominent place in traditional Ayurveda due to its naturally antibacterial & antimicrobial properties. Tongue scraping or *Jihwa Prakshalana* with a copper tongue cleaner is an Ayurvedic approach to oral health.

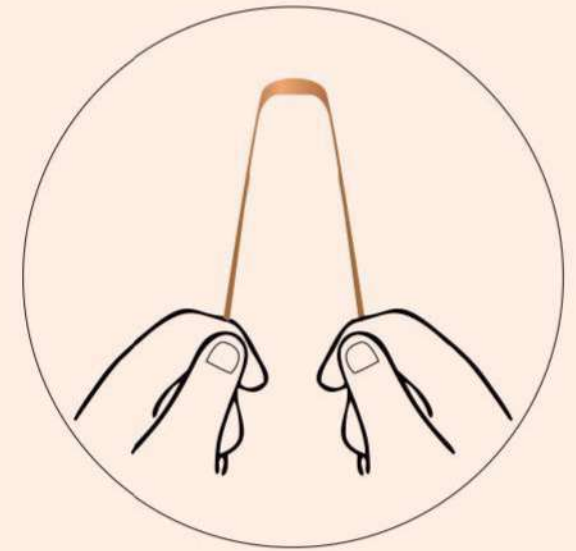


BENEFITS

- **Power of copper!**
Pure copper acts naturally antibacterial & antimicrobial.
- **Brushing is great, but not enough!**
Cleaning your tongue with a toothbrush is not the same as using a tongue cleaner that effectively scrapes off toxic residue.
- **The ultimate oral care!**
Tongue scraping removes toxic residue build-up on the tongue, that ultimately aids digestion. This practice also helps combat halitosis or bad breath, and invigorates the sense of taste.

HOW TO USE TONGUE CLEANER

Tongue cleaning, also known as tongue scraping, is recommended as the first step in your morning care routine. Simply grip the tongue cleaner on either side. Extend tongue out of the mouth – you will mostly observe a coating or film at the back of the tongue. Place the U-shaped edge at the back of the tongue and gently slide it from back to front 3-4 times to scrape off the residue build-up. Rinse the tongue cleaner under running water.





Dimensions- 14 x 5.5 cm, Weight- 30 g

EASY TO USE

Our copper tongue cleaners are durable and light in weight, which are easy to use and store.

Rinse well with mild soap before first use.

After every use, rinse under running water and store in dry conditions. The shine of copper can be restored by simply polishing it with a mixture of lemon and salt.

Wipe off the mixture with a clean, soft cloth or rinse it under water. Copper is a durable metal, thus making our tongue cleaners a smart, sustainable option.

TONGUE CLEANER

Pure high-grade
copper



Smooth wide
edge



Flexible



Antibacterial &
antimicrobial



Comfortable grip



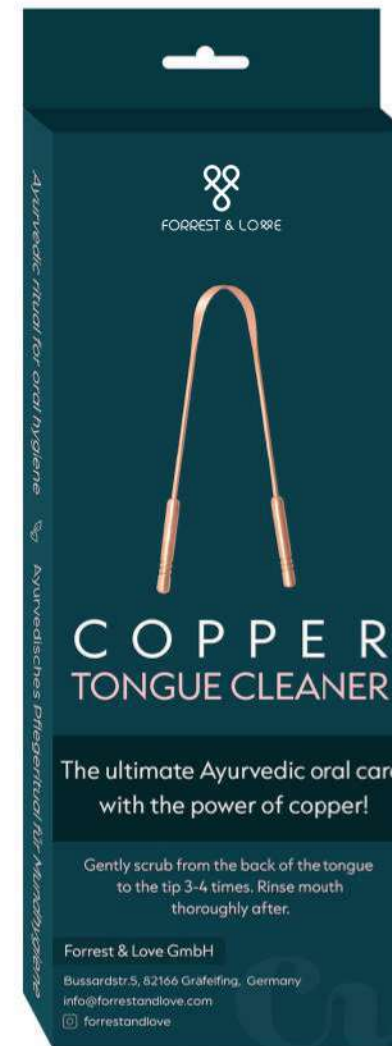
Durable



PACKAGING



FRONT



BACK





FORREST & LOVE

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