



According to Ayurveda, cleaning the tongue is an important part of a daily oral hygiene routine, along with regular brushing and flossing. Gentle scraping with a tongue cleaner can effectively reduce the bacteria in the mouth that cause bad breath.

- Helps eliminate unattractive coating on the tongue
- Enhances the sense of taste
- Improves digestion
- Traditionally said to gently stimulate the internal organs
- Made in the United States with premium quality stainless steel



THE TONGUE AS A MIRROR

According to Ayurveda, the tongue is connected to—and mirrors the health of—many vital organs throughout the body, including the heart, lungs, kidneys, liver, stomach, small intestine, and colon. When toxins accumulate in the internal environment without being properly digested and eliminated, they also show up as a coating on the surface of the tongue.

A FRESH AND HEALTHY MOUTH

A tongue scraper helps to loosen and clear accumulated toxins from the folds and grooves of the tongue so that they can be completely eliminated from the mouth. It also massages and awakens the internal organs, stimulates the digestive capacity, and ensures that you start your day feeling as fresh and clean as possible.

How to Scrape Your Tongue

The good news is that Ayurveda offers a myriad of tools for cleansing your system of these toxins. A tongue scraper is a fabulous way to start. And if you're not sure how to clean your tongue with a tongue scraper, it's super easy!

Ideally, a tongue cleaner is used every day, upon rising, and on an empty stomach.

- Hold the two ends of the tongue cleaner in both hands.
- Extend the tongue and place the tongue cleaner on the surface of the tongue, as far back as is comfortable.
- Gently pull the tongue cleaner forward so that it removes the unwanted coating.
- Rinse the tongue cleaner and repeat as necessary, usually 3–5 times.
- Follow this step with oil pulling, and you are ready to start your day with a beautiful fresh mouth.
- A note on cleaning your tongue cleaner: Banyan's is stainless steel, which is naturally antimicrobial. Rinsing your tongue cleaner in hot water will suffice to keep it clean. For added measure, you can always wipe it down with an alcohol swab on occasion, but this is not necessary on a daily basis.

