

# THREE SEASONS AYURVEDA



## How to Use a Tongue Scraper



Ideally, a tongue scraper is used every day, early in the morning, on an empty stomach. Simply hold the two ends of the tongue scraper in both hands. Extend the tongue and place the tongue scraper on the surface of the tongue, as far back as is comfortable.

Gently pull the tongue scraper forward so that it removes the unwanted coating. Repeat 7 times and then rinse off the tongue scraper.

For some, the use of a tongue scraper can trigger the gag reflex or, on occasion, vomiting. Using a tongue scraper gets easier with practice, relaxing the tongue or exhaling during use easily avoids this uncomfortable side effect. It is also possible to be overly aggressive with a tongue scraper and to temporarily damage the taste buds. Gentle strokes will remove the coating on the tongue without harming the underlying tissue.