



## Elevate Your Oral Care with Vedic Aroma

here nature's wisdom meets dental science ensuring a smile that radiates health and vitality

Experience the fusion of ancient Ayurvedic wisdom with modern dental science, curated by Dr. med. dent. Christof Frey, MSc. As a pioneering periodontist and researcher, Head of the Certified Periodontitis Prevention and Therapy Centre & Implant Safe Coach, Dental Specialists Dusseldorf Germany, Dr Frey in collaboration with Vedic Aroma, has developed a range of products tailored to individuals passionate about Ayurveda and dental hygiene.

Our journey began in German laboratories, where rigorous research led to the creation of formulas infused with aromatic oils proven to combat periodontal pathogens. Conducting extensive research, we collected hundreds of patient samples, cultured bacteria, and created aromatograms to identify potent aroma oils. These efforts, coupled with the identification of specific antibiotic resistances, allowed us to tailor-make products for patients, crafted by specialized pharmacists.

Originally crafted individually for patients by pharmacies, these formulas have now evolved into ecologically certified, organic products designed to specifically address gum health concerns.

Discover the power of oil pulling, mouthwash, and gum care products enriched with potent aroma oils, meticulously formulated to promote oral wellness. With Vedic Aroma, you can trust in a synergy of tradition and innovation, delivering holistic solutions for those seeking optimal dental health through the lens of Ayurveda.

Elevate your oral care routine with Vedic Aroma - where nature's wisdom meets dental science, ensuring a smile that radiates health and vitality.





**AyurVeda—Art of Gandusha**  
**Oil Pulling for Oral Care with aromatic oils**  
*Herbaceous Aroma*

|        |         |
|--------|---------|
| 30 ml  | € 6,00  |
| 100 ml | € 20,00 |
| 200 ml | € 34,00 |

Sesame oil (*Sesamum indicum*) (Burkina)—EcoCert  
Thyme thymol (*Thymus vulgaris* Ct. *Thymol*) essential oil (Greece)—Cosmos standard  
Rosemary verbenon (*Rosmarinus officinalis* Ct. *verbenone*) essential oil (South Africa)—Eco Control  
Oregano (*Origanum vulgare*) essential oil (Greece)—Certified Organic by DIO Greece  
Lavender Highland (*Lavandula angustifolia*) essential oil (France)—Eco Control

**Allergens:** Geraniol, linalool, limonene, linalylacetate, citral



**AyurVeda—Art of Gandusha**  
**Oil Pulling for Oral Care with aromatic oils**  
*Fragrant Aroma*

|        |         |
|--------|---------|
| 30 ml  | € 5,50  |
| 100 ml | € 18,00 |
| 200 ml | € 29,00 |

Sesame oil (*Sesamum indicum*) cold pressed (Burkina)—EcoCert  
Peppermint (*Mentha piperita*) essential oil (South Africa)—Eco Control  
Tea Tree (*Melaleuca alternifolia*) essential oil (Australia)—Eco Control  
Orange sweet (*Citrus sinensis*) essential oil (Brazil)—Eco Control  
Lemongrass (*Cymbopogon flexuosus*) essential oil (Nepal)—Eco Control

**Allergens:** Citral, geraniol, limonene, citronellol, eugenol, alpha-limonene, linalool, d-limonene, menthol, caryophyllene, alpha-pinene, piperitone, pulegone, phellandrene

**How to Use:** To be used once a day (ideally in the morning). Use 10-20 ml of the herbal oil, filling the mouth with the oil, and holding the oil inside the oral cavity. After 1-5 minutes, as comfortable, expel the oil. Do not swallow.

**Dr. Frey's recommendation:** To get the best results use interdental brushes once a day (dipped in the aromatic oil) before your oil pulling. Please use the correct size interdental brush as recommended by your dentist.

**ART of Gandusha:** Holding herbalised oil in the mouth to its full capacity. In AyurVeda, Gandusha is also called 'oil pulling' because the oils 'pull' the toxins from the oral cavity into the oil, strengthening teeth and gums. In AyurVeda this is an important part of daily routine benefitting overall health.

Both formulas combine oils with antibacterial, antimicrobial, immune stimulating, refreshing, revitalising properties found to be effective for maintaining healthy mouth, teeth and gums. The sesame oil in the Gandusha formulas has been ripened according to an AyurVedic process that allows the oil to more easily penetrate the tissues.

All products are energised for vitality and long shelf life through a natural whirlpool system. Contain no preservatives. Keep out of the reach of children.



**AyurVeda—Art of Kavala**  
**Mouthwash for Oral Care with aromatic oils**

*Herbaceous Aroma*

Bulgarian Rose (*Rosa damascena*) hydrolate (Bulgaria)—Certified Organic  
Thyme thymol (*Thymus vulgaris* Ct. *Thymol*) essential oil (Greece)—Cosmos  
Rosemary verbenon (*Rosmarinus officinalis* Ct. *verbenone*) essential oil (South Africa)—Eco Control  
Oregano (*Origanum vulgare*) essential oil (Greece)—Certified Organic by DIO Greece  
Lavender Highland (*Lavandula angustifolia*) essential oil (France)—Eco Control

**Solubiliser:** ORAMIX CG 110 (1.7% +/- 0.1% INCI Caprylyl/Capryl Glucoside) COSMOS, EcoCert, Natrue

**Allergens:** Geraniol, linalool, limonene, linalylacetate, citral

|        |         |
|--------|---------|
| 30 ml  | € 6,50  |
| 100 ml | € 20,00 |
| 200 ml | € 34,00 |



**AyurVeda—Art of Kavala**  
**Mouthwash for Oral Care with aromatic oils**

*Fragrant Aroma*

Bulgarian Rose (*Rosa damascena*) hydrolate (Bulgaria)—Certified Organic  
Peppermint (*Mentha piperita*) essential oil (South Africa)—Eco Control  
Tea Tree (*Melaleuca alternifolia*) essential oil (Australia)—Eco Control  
Orange sweet (*Citrus sinensis*) essential oil (Brazil)—Eco Control  
Lemongrass (*Cymbopogon flexuosus*) essential oil (Nepal)—Eco Control

**Solubiliser:** ORAMIX CG 110 (1.7% +/- 0.1% INCI Caprylyl/Capryl Glucoside) COSMOS, EcoCert, Natrue certified

**Allergens:** Citral, geraniol, limonene, citronellol, eugenol, alpha-limonene, linalool, d-limonene, menthol, caryophyllene, alpha-pinene, piperitone, pulegone, phellandrene

|        |         |
|--------|---------|
| 30 ml  | € 5,50  |
| 100 ml | € 18,00 |
| 200 ml | € 29,00 |

**How to Use:** This mouthwash can be used three times a day. Add 10–30 drops to 30 ml water and rinse the mouth for up to one minute. Then rinse with plain water. Do not swallow the solution.

**Dr. Frey's recommendation:** To get the best results use interdental brushes once a day (dipped in the aromatic flower water) before your mouthwash. Please use the correct size interdental brush as recommended by your dentist.

**ART of Kavala:** Rinsing the Mouth. In AyurVeda, Kavala, rinsing the mouth with pure herbal waters is an important part of Dinacharya – daily routine – for the promotion and preservation of a healthy mouth, teeth and gums.

Both formulas combine oils with antibacterial, antimicrobial, immune stimulating, refreshing, revitalising properties found to be effective for maintaining healthy mouth, teeth and gums. The sesame oil in the Gandusha formulas has been ripened according to an AyurVedic process that allows the oil to more easily penetrate the tissues.

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## World Health Organisation

### World Oral Health Day 2024:

#### *Promoting Oral Health for a Happier Body*

World Oral Health Day is observed annually on March 20th to raise awareness about the importance of good oral health practices for overall well-being. This day aims to empower individuals with the knowledge, tools, and confidence to maintain good oral hygiene, emphasizing the impact of oral health on general health and quality of life.

#### **The impact of oral health goes far beyond the mouth.**

The FDI World Dental Federation said it best when they defined oral health as *'the ability to speak, smile, smell, taste, touch, chew, swallow and convey a range of emotions through facial expressions with confidence and without pain, discomfort and disease of the craniofacial complex'*. A dental professional, not only gives patients a smile to be proud of, but supports their overall well-being.

The importance of oral health to overall health is clear. Periodontitis alone has been linked to more than 57 non-communicable diseases.

*'No other disease group affects humanity across the life cycle and across all countries in the way that oral diseases do.'* - World Health Organization.

Altogether, a great responsibility is placed at the feet of dental professionals all around the world.

*'Health of your mouth and teeth are important, and play a vital part in the overall state of our health.'* –President of the Swiss Dental Association.

*'By focusing on the reduction of risk factors and promotion of a healthy lifestyle in community settings, as well as on increasing access to oral health, we propose to shift the dental care paradigm from treatment to prevention.'*–Council of European Dentists in their White Paper on Prevention.

In the view of the Swiss Dental Association: *'Brushing your teeth is crucial. Oral hygiene is not only to keep your teeth healthy. Parents should check that their children brush their teeth at least twice a day in a careful manner. All it takes is a soft children's toothbrush and a children's toothpaste containing fluoride'*.