



Oral Care

'Prevention is Better than Cure'

Stimulating Disease Prevention through Health Promotion—Council of European Dentists May 2019

'Health of your mouth and teeth are important, and play a vital part in the overall state 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'.*



Oral Care – Laurus* Nobilis and Immortelle Flower Water Mouthwash

Bay Laurel (*Laurus nobilis*). Warm, spicy, and mouth watering Laurel makes a delicious mouthwash and gargle. Use against infection and for general dental hygiene and sweet breath. Bay Laurel is a fairly broad-acting antiseptic with powerful antibacterial, antiviral, and anti-fungal properties. It stimulates the immune system and can help to relieve toothache and mouth infections.

Immortelle (*Helichrysum italicum*) has powerful anti-inflammatory, mild analgesic, and cicatrisant properties. It is excellent in a mouthwash (with Bay Laurel) after dental work, for gingivitis, or for receding gums.

How to use: Combine one part 'Laurus Nobilis & Immortelle' mouthwash with four parts water for a general purpose mouthwash that will help maintain oral hygiene and sweet breath. For mouth or gum conditions or infections use up to 20 ml undiluted and hold in the mouth for 20-30 seconds and then expel. In case of mouth ulcers, gingivitis or parodontitis spray the affected area several times a day. **IMPORTANT:** The mouthwash should always be expelled (not swallowed).

Floral waters obtained through steam distillation. Certified organic – 100% pure and natural. Energized for vitality and long life through a natural whirlpool system. Contains no preservatives.

* **Laurus Nobilis effectively controls dental plaque.**

The **World Journal of Pharmaceutical Research** (Volume 5, Issue 6, 2049-2057) documents research on the application of **Laurus Nobilis in dentistry:** 'The essential oil was tested against three dental pathogens—*S.mutans*, *L. acidophilus*, *C. albicans*. The results demonstrated that *L. nobles* essential oil showed inhibition against three dental pathogens and proves its efficacy to be used as an antimicrobial agent to control dental plaque.'

| Volume ml | Retail (incl. 21% VAT) |
|----------------------------|------------------------|
| pocket size with spray cap | |
| 30 | € 9,00 |
| 100 | € 18,00 |
| 200 | € 39,00 |



Oral Care – Mint and Myrrh Flower Water Mouthwash

Myrrh (*Commiphora myrrh m.*) Is effective against gum disorders, helping to reduce inflammation. Its antiseptic properties make it a popular choice against infections in the mouth and gums. It helps to boost the body's resistance to infection. Myrrh is antimicrobial and may soothe and heal gums by increasing blood flow to the tissue.

Peppermint (*Mentha piperita*) is known for its cooling and analgesic properties which can effectively soothe toothache. It is an effective prevention against oral infection and bacteria that can lead to cavities and gum disease as well as being mouth freshening and deodorising. Menthol, a main component, is an analgesic, supporting natural pain relief. Peppermint is also beneficial for reducing biofilm on the teeth.

How to use: Combine one part 'Myrrh & Peppermint' mouthwash with four parts water for a general purpose mouthwash that will help maintain oral hygiene and sweet breath. For mouth or gum conditions or infections use up to 20 ml undiluted and hold in the mouth for 20-30 seconds and then expel. In case of mouth ulcers, gingivitis or parodontitis spray the affected area several times a day. **IMPORTANT:** The mouthwash should always be expelled (not swallowed).

Floral waters obtained through steam distillation. Certified organic – 100% pure and natural. Energized for vitality and long life through a natural whirlpool system. Contains no preservatives.

| | |
|----------------------------|---------|
| pocket size with spray cap | |
| 30 | € 9,00 |
| 100 | € 18,00 |
| 200 | € 39,00 |



Oral Care – Tea Tree and Tulsi Flower Water Mouthwash

Tea Tree (*Melaleuca alternifolia*) is medicinal, with antiseptic, anti fungal, antibacterial, antiviral properties. Its benefits are myriad. As a general antiseptic it provides protection against mouth and gum infections. It is useful when used as a gargle or/and mouthwash. Tea Tree is a natural remedy for supporting fresh breath. It contains ingredients that help to diminish plaque and tooth decay and support healthy gums. Its powerful antiseptic properties help to combat bacterial and fungal infections.

Tulsi (*Ocimum basilica/sanctum*) has astringent properties that helps to make the gums stronger and prevents tooth decay. Tulsi eliminates bacteria in the mouth responsible for cavities, plaque, and tartar. It helps to promote a sweet breath.

How to use: Combine one part 'Tea Tree & Tulsi' mouthwash with four parts water for a general purpose mouthwash that will help maintain oral hygiene and sweet breath. For mouth or gum conditions or infections use up to 20 ml undiluted and hold in the mouth for 20-30 seconds and then expel. In case of mouth ulcers, gingivitis or parodontitis spray the affected area several times a day. **IMPORTANT:** The mouthwash should always be expelled (not swallowed).

Floral waters obtained through steam distillation. Certified organic – 100% pure and natural. Energized for vitality and long life through a natural whirlpool system. Contains no preservatives.

| | |
|----------------------------|---------|
| pocket size with spray cap | |
| 30 | € 10,00 |
| 100 | € 22,00 |
| 200 | € 46,00 |



 **Vedic AROMA**

Oral Care – Lemon Verbena and Rock Rose Flower Water Mouthwash

Lemon Verbena (*Lippia citriodora*) has a delicate and gently sweet fresh lemon scent. It is a strong anti-inflammatory that seems to have an affinity with the mucus membranes of the mouth and nose and as such is useful in a compress or mouthwash.

Rock Rose (*Cistus ladaniferus*) is highly astringent, cicatrisant, and styptic, will stop bleeding almost on contact. As such this flower water is useful used in a compress for sensitive gums to stop bleeding and as a mouthwash to support healthy oral care.

How to use: Combine one part Lemon Verbena and Rock Rose mouthwash with four parts water for a general purpose mouthwash that will help to maintain oral hygiene and sweet breath. Special application after dental surgery or to soothe inflamed or bleeding gums, use undiluted in a compress or mouthwash Use as a daily mouthwash for good oral hygiene, use undiluted in compress or mouthwash. **IMPORTANT:** The mouthwash should always be expelled (not swallowed).

Floral waters obtained through steam distillation. Certified organic – 100% pure and natural. Energized for vitality and long life through a natural whirlpool system. Contains no preservatives.

| Volume ml | Retail (incl. 21% VAT) |
|-----------------------------------|------------------------|
| <i>pocket size with spray cap</i> | |
| 30 | € 10,00 |
| 100 | € 22,00 |
| 200 | € 46,00 |



 **Vedic AROMA**

Oral Care Oil – Lemongrass, Rosemary verbenone, and Thyme linalool Mouthwash

Lemongrass (*Cymbopogon flexuosus*) essential oil has purifying and anti-inflammatory qualities. It is also calming, uplifting, and revitalising.

Rosemary, verbenone (*Rosmarinus officinalis Ct.*) has anti-infectious, antibacterial, and antiviral properties. It is energising and uplifting as well.

Thyme, linalool (*Thymus vulgaris Ct. linalool*) essential oil is powerfully anti-bacterial, antiviral, and antifungal. It is an immune stimulant and an excellent remedy against mouth, throat or ear infection. Thyme, linalool is one of the gentler Thymes.

Essential oils certified by EcoControl



Sesame oil is rich in antioxidants, and is well known for strengthening teeth and gums, and preventing tooth decay. Certified organic – 100% Pure and Natural.

How to use: As a mouthwash, helps to control bacteria for a cleaner fresher mouth and healthier gums and teeth. Use 5 drops in 30ml water, pulling the mouthwash through the teeth for up to one minute. Then expel. Do not swallow. Can also be used for oil pulling (Gandusha), using one large teaspoon of oil and holding in the mouth for 1-5 minutes as comfortable, and expel.

Energized for vitality and long life through a natural whirlpool system. Contains no preservatives.

| Volume ml | Retail (incl. 21% VAT) |
|-----------------------------------|------------------------|
| <i>pocket size with spray cap</i> | |
| 30 | € 10,00 |
| 100 | € 27,00 |
| 200 | € 47,0 |



World Health Organisation

2023 World Oral Health Day

The 2023 World Oral Health Day campaign was launched during the World Dental Federation's World Dental Parliament, in Geneva, Switzerland on 22 September 2022, under the theme of 'Be Proud of Your Mouth' - calling on people to look after their oral health for a lifetime of smiles.

'Be Proud of Your Mouth' is not about having a perfect mouth, it is about having a healthy one. It is an empowering call-to-action urging people to value and take care of their oral health.

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 wellbeing.

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.