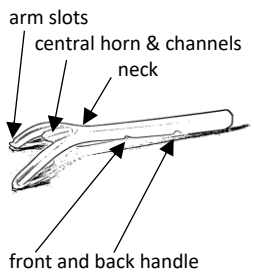
INSTRUCTIONS: KEY

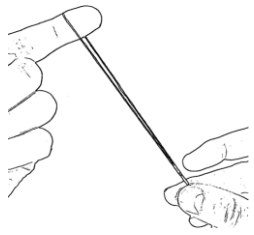
- works with any brand of floss; prefer biodegradable
- hand A below is hand you will hold ***friendly floss*** when in use
- for first 3 ways, wrapping middle finger, not index finger, leaves index finger to better control the floss
- wash before each use



WAY ONE: FINGER

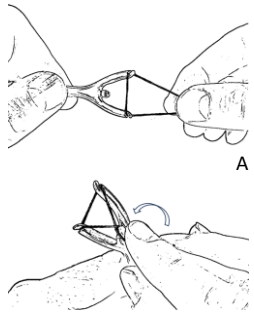
The simplest way.

1a Cut 30-40cm floss. Pinch the two ends of the floss between thumb and middle finger of hand A, put a finger from hand B in the large loop created, pull tight and wind around finger of hand A two to three times to create a much smaller loop (about the size of a bottle top).



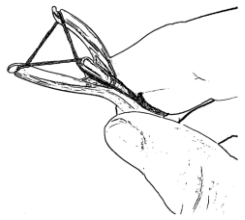
1b With thumb of hand A facing up, Hold ***friendly floss*** in hand B, put arms curving up into this loop and pull away, keeping floss tight until floss snags into arm slots.

Now use index finger of hand A to twist the floss and place over central horn so floss crosses under the horn.



1c Hold ***friendly floss*** in hand A, pull back middle finger to increase tension. **Ready to use.**

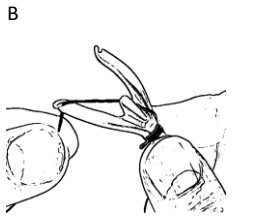
>Before use, to lengthen /shorten loop; unwind /wind one side of floss.
>During use, to rotate floss; detach, unwind one side of floss, wind other and reattach.



WAY TWO: WRAP

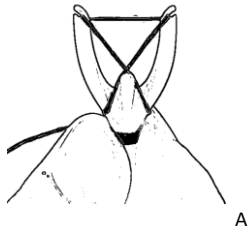
The obvious way.

2a Cut 30cm floss. Wrap one end of floss around handle two times near neck or in front handle groove. Guide floss up over neck, under central horn, diagonally across into arm slot (shown), then across up through other arm slot, diagonally back under central horn.



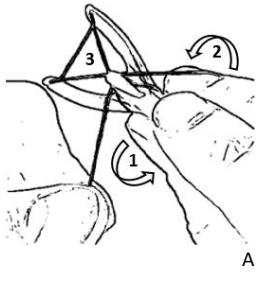
2b Guide floss back to neck or front handle groove, ***wrap floss around twice and pinch to hold floss in place (shown). **Ready to use**.

>If floss loosens during use just pull on end to tighten – or to better control the tension, please see WAY TWO+ for improved use:



WAY TWO+: WRAP+LEVER

2c Control the tension of the floss during use with finger as a lever - load as above but at the***:
1) loop under handle and
2) around index or middle finger to create the lever,
3) then back under central horn (shown) before wrapping floss around handle twice and pinching. **Ready to use.**



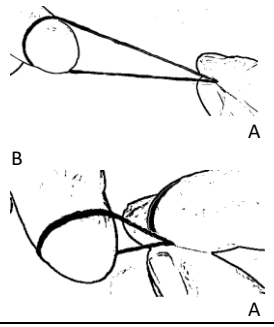
WAY THREE: LOOP

Our favourite way.

First make the loop:

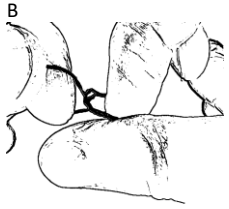
3a Cut 20cm floss. Fold in half and pinch the two loose ends between thumb and index finger of hand A and put finger from hand B in the large loop**.

Now wind the floss loosely around hand A's index finger once.

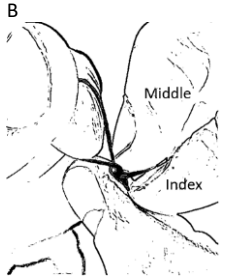


3b Roll the floss back and forth between hand A's thumb and index finger to create a twisted 'rope' of floss and roll this 'rope' off A's index finger.

**flat/slippery floss can be difficult to roll, if so before you wind; wet fingers and spin hand B's finger which twists floss



3c Grab the 'rope' with hand A's middle finger and pull down, creating a strong knot.
You now have a floss loop.



Now load the loop:

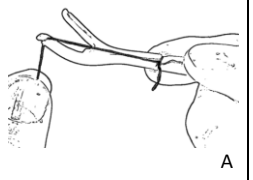
3d Hold pre-made floss loop over thumb and index finger of hand A (or thumb and middle finger if prefer a larger loop) with fingers pointing up.
Hold ***friendly floss*** in hand B, put arms curving up into this loop on side away from you and snag floss into arm slots (shown).

3e Turn hand A so fingers now point down and so the loop crosses over and sits under the central horn.

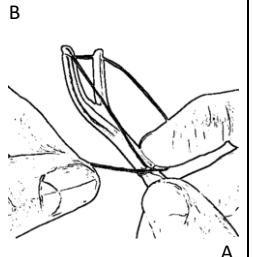
Remove thumb from loop and hold ***friendly floss*** in hand A. **Ready to use.**
>During use, rotate floss to a new part as needed.
>After use, please break loop before disposing.

WAY FOUR: TRIANGLE

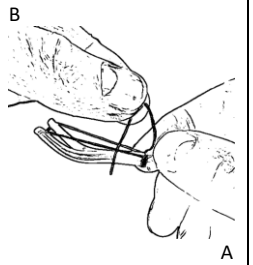
4a Cut 25-30cm floss. Hold ***friendly floss*** between thumb and index finger with arms curving up and away from you, wrap one end of floss around front (25cm) or back (30cm) handle groove two times. Guide floss off handle groove wall into arm slot (shown).



4b Guide across to other arm slot, back down to same handle groove, place finger above handle groove to guide floss back into this groove (shown) and pull tight to create a triangle of floss.



4c Wind around three times tightly and feed end of floss back through triangle in same direction you were winding (shown)*.
Pull down to anchor in place, making sure floss stays behind handle groove walls.



4d Pinch the sides of the triangle to change tension - **Ready to use.**

*To remove: slip end of floss through triangle in reverse direction and unwind.