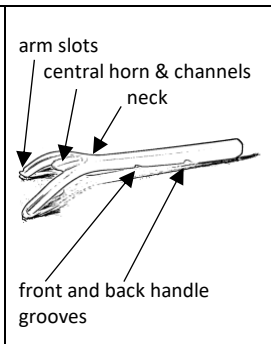
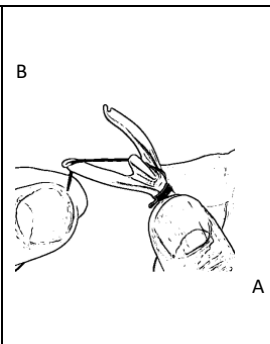
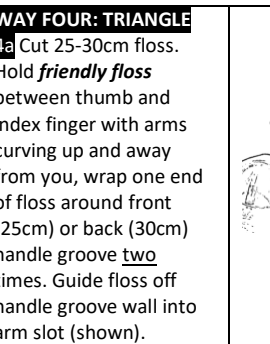
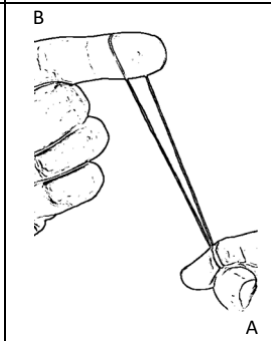
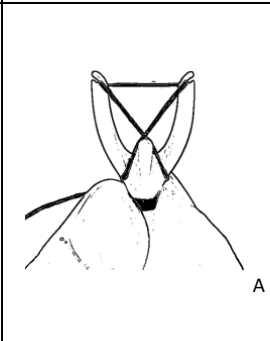
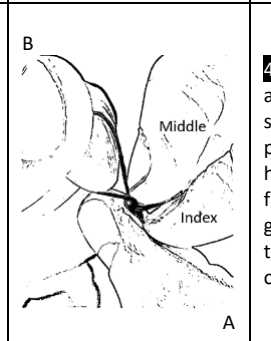
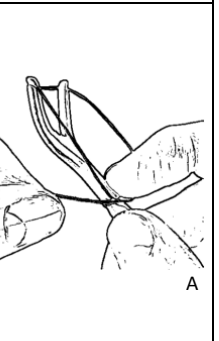
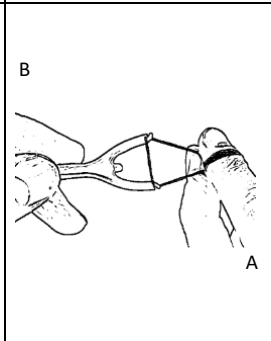
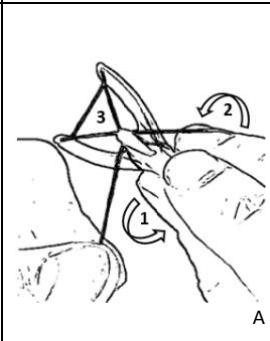
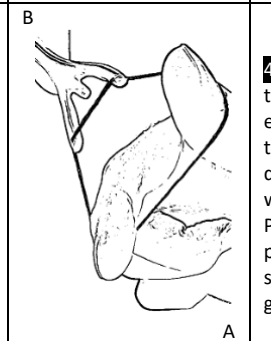
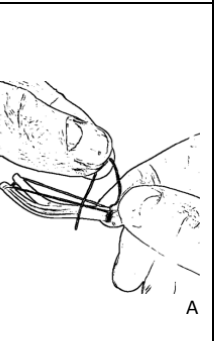
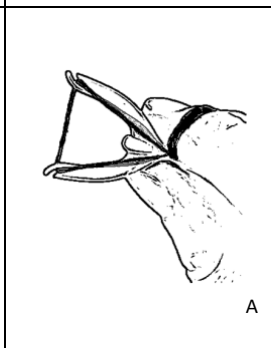
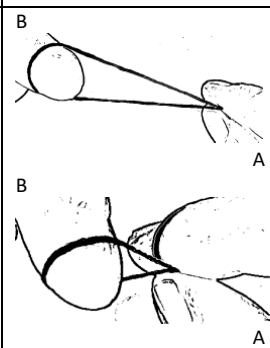
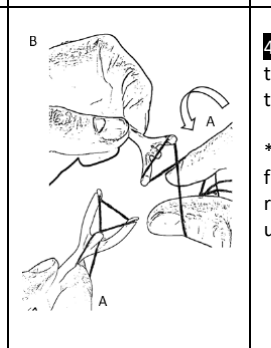


<p><b>INSTRUCTIONS: KEY</b></p> <ul style="list-style-type: none"> <li>• watch threading videos at <a href="http://www.friendlyfloss.com">www.friendlyfloss.com</a></li> <li>• works with any brand of floss; prefer biodegradable</li> <li>• hand A below is hand you will hold <b>friendly floss</b> when in use</li> <li>• for first 3 ways, wrapping <b>middle</b> finger, not index finger, leaves index finger to better control the floss</li> <li>• wash before each use</li> </ul>		<p><b>WAY TWO: WRAP</b> <i>The obvious way.</i></p> <p><b>2a</b> Cut 30cm floss. Wrap one end of floss around handle <b>two</b> times near neck or in front handle groove. Guide floss up over neck, <b>under</b> central horn, diagonally across into arm slot (shown), then across up through other arm slot, diagonally back under central horn.</p>		<p><b>3b</b> 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.</p> <p><b>**flat/slippery floss can be difficult to roll, if so before you wind; wet fingers and spin hand B's finger which twists floss</b></p>	<p><b>WAY FOUR: TRIANGLE</b></p> <p><b>4a</b> Cut 25-30cm floss. Hold <b>friendly floss</b> 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 <b>two</b> times. Guide floss off handle groove wall into arm slot (shown).</p>		
<p><b>WAY ONE: FINGER</b> <i>The simplest way.</i></p> <p><b>1a</b> Cut 40cm floss. Pinch the two ends of the floss between thumb and index or 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 <b>three</b> times to create a much smaller loop (about the size of a bottle top).</p>		<p><b>2b</b> Guide floss back to neck or front handle groove, <b>***wrap floss around twice and pinch to hold floss in place (shown).</b></p> <p><b>Ready to use.</b> <i>&gt;If floss loosens during use just pull on end to tighten – or to better control the tension, please see WAY TWO+ for improved use:</i></p>		<p><b>3c</b> Grab the 'rope' with hand A's middle finger and pull down, creating a strong knot. You now have a floss loop.</p>		<p><b>4b</b> 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.</p>	
<p><b>1b</b> Holding <b>friendly floss</b> in hand B, put arms curving <b>up</b> into this loop and pull away, keeping floss tight until floss snags into arm slots.</p>		<p><b>WAY TWO+: WRAP+LEVER</b></p> <p><b>2c</b> Control the tension of the floss during use with finger as a lever - load as above but at the<b>***</b>:</p> <ol style="list-style-type: none"> <li>1) loop under handle and</li> <li>2) around index or middle finger to create the lever,</li> <li>3) then back under central horn (shown) before wrapping floss around handle twice and pinching.</li> </ol> <p><b>Ready to use.</b></p>		<p><i>Now load the loop:</i></p> <p><b>3d</b> 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 <b>up</b>. Hold <b>friendly floss</b> in hand B, put arms curving <b>up</b> into this loop on side <b>away</b> from you and snag floss into arm slots (shown).</p>		<p><b>4c</b> Wind around <b>three</b> 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.</p>	
<p><b>1c</b> Hold <b>friendly floss</b> in hand A, ensure floss is inside channels, and pull back finger to increase tension. <b>Ready to use.</b></p> <p><i>&gt;Before use, to lengthen /shorten loop; unwind /wind one side of floss.</i> <i>&gt;During use, to rotate floss; unattach, unwind one side of floss, wind other and reattach.</i></p>		<p><b>WAY THREE: LOOP</b> <i>Our favourite way.</i></p> <p><b>First make the loop:</b></p> <p><b>3a</b> 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<b>**</b>.</p> <p>Now wind the floss <b>loosely</b> around hand A's index finger <b>once</b>.</p>		<p><b>3e</b> Turn hand A so fingers now point <b>down</b> and so the loop crosses over and sits <b>under</b> the central horn.</p> <p>Remove thumb from loop and hold <b>friendly floss</b> in hand A. <b>Ready to use.</b> <i>&gt;During use, rotate floss to a new part as needed.</i> <i>&gt;After use, please break loop before disposing.</i></p>		<p><b>4d</b> Pinch the sides of the triangle to change tension - <b>Ready to use.</b></p> <p><i>*To remove: slip end of floss through triangle in reverse direction and unwind.</i></p>	