

# How to clean the body of ancient Egypt

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Thousands of years ago, the ancient Egyptians had creative inventions to keep the body clean and stay healthy. Here are the unique and even unbelievable body hygiene habits of the ancient Egyptians, demonstrating their medical development at the top of the world at that time.

1. Found how the ancient Egyptians used to build pyramids?
2. "Eccentric" things are only available in ancient Egypt
3. Detecting tremors about the ancient Egyptians confused the scientific world



To deal with an unpleasant mouth odor due to dental diseases, ancient Egyptians invented peppermint candy. They combine incense, cinnamon and aromatic plastic to boil with honey and then turn into small pellets.



Both men and women in ancient Egypt shaved their heads to prevent lice. They invented a brass razor for shaving their heads.



From about 4000 BC, the ancient Egyptians performed customary circumcision because they thought it was clean and good-looking.



In ancient Egypt, people used some spices such as lemon, cinnamon, flower fragrance . to remove unpleasant odors on the body.



Ancient Egyptians had a great invention in oral protection.They mixed the batter of beef nails, stone powder, ash, egg shells burned to form the first recipe of toothpaste.



They later created a more advanced toothpaste formulation: 1 drachma (1 drachma approx. 0.28 gram) salt, 2 mint drachma, 20 grain (1 grain approx 0.064 gram) of pepper and 1 drachma Iris dried flowers.

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