

STRIGIL

Meaning: A strigil is a curved instrument used in ancient Greece and Rome for scraping oil and dirt from the skin, particularly after exercise or bathing.

1. The ancient Greeks would often use a strigil to scrape oil and dirt from their skin after exercising.
2. In the Roman baths, a strigil was a common tool for personal hygiene and relaxation.
3. Crafted from metal or wood, the strigil was an essential item for athletes in ancient times.
4. After his workout, he reached for the strigil to ensure his skin was clean and invigorated.
5. The museum showcased a beautifully decorated strigil, highlighting the craftsmanship of its era.

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