



**bodecare®**  
wellness and spa products

# Dry Skin Brushing At Home



## Message from Rebecca

The energising benefits of dry skin brushing can be felt days after starting the process and could also tighten the skin and reduce cellulite in many cases, particularly if complemented with regular exercise, a healthy diet and drinking plenty of water. I hope you can make the Bodecare Yin Yang Dry Body Brushing and Organic Skin Care products part of your daily routine and thank you for taking the time to contribute to your health!

**Rebecca Gaspert**  
**Director - Bodecare**

**Bodecare (pronounced 'body-care') specialises in Dry Body Brushing and it offers the largest range of pure plant bristle dry body brushes in Australia. Bodecare is known for outstanding quality brushes, which have been traditionally crafted in Europe and use eco-friendly practices to provide brushes that are non-toxic and made of FSC certified timber.**

Dry body brushing is a natural health practice, which involves brushing over the skin dry and followed by a shower or bath. Dry body brushing has been used for years because the health benefits are so extensive. It can improve venous blood circulation and lymphatic drainage, release toxins, exfoliate dead skin, reduce ingrown hairs and many other health benefits. Brushing may also assist in reducing the effects of dry skin conditions like Psoriasis, Keratosis Pilaris, and Eczema.

The energising benefits of skin brushing can be felt days after starting the process and could also tighten the skin and reduce cellulite in many cases, particularly if complemented by exercise and a healthy diet.

Bodecare Dry Body Brushing system has been developed to aid the body's lymphatic drainage and for that reason all brush strokes are toward the major lymph nodes in the body. (see diagram)

## Precautions

Before Dry Body Brushing please take note of the following precautions:

- Never skin brush over active inflammation e.g. open wounds, inflamed sores, varicose veins, sunburnt skin.
- Never skin brush during an active cancer state or over enlarged lymph nodes.
- Avoid breasts and genitalia area.
- If pregnant seek doctors advice first before skin brushing.
- If an allergic reaction appears stop brushing.

## General Rules of Dry Skin Brushing

- Always use a plant bristle skin brush.
- Choose a bristle strength to suit your skin concern and/or condition. Bodecare brushes come in soft, medium and firm.
- Perform on dry skin only.
- Generally stroke upward in one motion.
- Brush strokes repeated 7 times per area of the body.
- Adjust pressure to your comfort levels.
- Best to follow brushing with some form of hydrotherapy ie shower or bath.
- Work from left to right side of body.
- Always nourish your skin after your shower with Jojoba oil to keep skin hydrated and in its best condition.



## Steps of Dry Body Brushing at Home

### Feet:

*When brushing feet it is recommended to use a firmer bristle brush. Start on left side.*

- Start at soles of feet, stroking brush from toes to heel, follow each brush stroke with a soothing sweep of the other hand.
- Continue on top of foot from toes to ankles and ending at Achilles tendon behind ankle. Cover both sides of foot.

### Legs:

*When brushing legs, buttock, back, abdomen, hand and arm use a body brush that meets your comfort levels, in either soft, medium or firm.*

- Continue upward brushing strokes up the leg, moving from ankle to calf and shin, up to hamstrings and quadriceps, ensuring to cover the entire leg, up toward the lymph node in the groin area.

### Buttock and Back:

- Move to buttocks, starting at top of buttock, brush down to the gluteal fold (where buttock joins the leg) and sweep back again to top.
- Then from base of buttock sweep upward to outside of hip.
- Once reaching the lower back, start your brush stroke from spine and sweep brush stroke up and out to side of torso, all the way up to the shoulder blades and finishing from spine to over the shoulder.
- Repeat on right side.

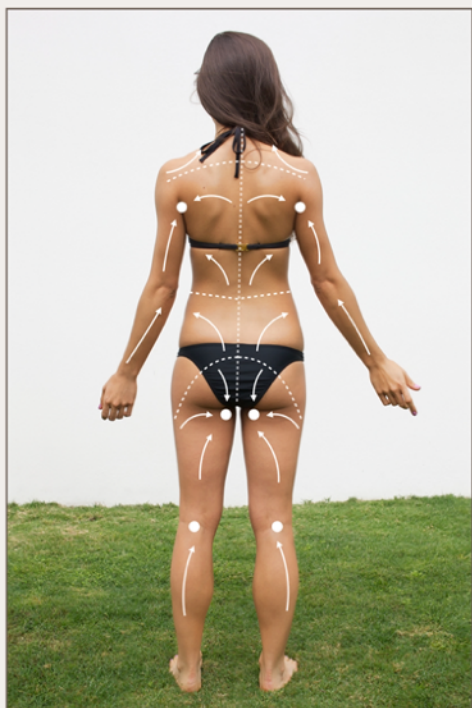
### Abdominal:

- Lower abdominal: Starting on left side, hold brush at navel and brush stroke downward toward the lymph nodes in the groin area, and then from navel outward to hip joint and side of torso. Repeat on right side
- Upper abdominal: Starting on left side, hold brush at navel and brush stroke upward and outward from mid to outer torso. Stay under the breast line and ending in armpit. Repeat on right side.
- Complete abdominal area with a concentric circular brush stroke. Starting at navel move in small circular clockwise strokes, not leaving the skin, gradually increase the circular strokes until reaching the outer abdomen. Then work in anti-clockwise brush strokes from large to small until back at the navel.

### Hand and Arm:

- Brush from wrists to fingertips. Turn hand over and brush from fingertips (and in-between fingers) to wrist and continue up the arm to the shoulder, working from inner to mid and to outer arm. Finish brush strokes over the armpit, with light strokes in small circular, clockwise direction.





● Lymph nodes

➔ Brush Stroke Direction

## Steps of Dry Face & Scalp Brushing at Home

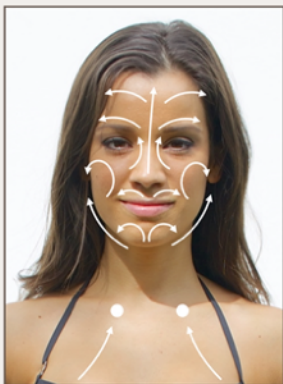
*Due to the sensitivity of most skin around the décolletage, neck and face it is best to use a soft plant bristle brush.*

### Décolletage and Neck:

- Starting on the left side hold brush just above the breast line and brush upward to collarbone, working from mid to outer décolletage. Repeat on right side.
- From left side, at base of neck very lightly brush up to the jaw line, and curve down to the collarbone, the point at which the head and neck drain into the lymph nodes. Repeat on right side.

### Face:

- Use small circular brush strokes, ending the stroke towards the lymph nodes. Avoid brushing directly over the eyelids.
- Start along left side of jawline, over chin, above lips, cheeks, ears, side of nose, temples and forehead.
- Repeat on right side of face.
- Finish up the nose and up the forehead between eyes.



### Scalp:

*Switch to a timber hair brush with wooden pins and rubber base. Scalp massage brushing helps restore pliability and relieves tension, helping to promote new hair growth.*

- Flip head all the way forward and place brush behind ear and brush upward to temple. Place brush at base of neck and brush upward to top of head, covering entire head.
- Stand upright, place brush behind top of ear and brush down to back of neck. Cover entire head.
- To finish, lightly tap scalp all over to stimulate circulation.

### What to Expect

After dry body brushing you should be feeling very invigorated and relaxed. However, it is normal to expect a slight reddening of the skin (erythema), as this is the blood circulation responding to the skin brushing.

# Bodecare Brush Care

**Considering plenty of dead skin cells are sloughed off while dry brushing and build up in the brush bristles, it's important to clean your brush regularly. As the timber is in its natural state it is important to note that special care is needed to maintain your brush.**

- When washing the brush with a natural anti-bacterial soap (such as tea tree), try to keep the water on just the bristles and then pad the bristles into a towel to remove as much excess water as possible. This will speed up drying time and reduce any chance of the brush developing mildew. Wash your brush every 1-2 weeks.
- Once you have padded the bristles with a towel, leave to hang in a well ventilated area, rest it along a heating towel rack so the bristles are facing down on the heated bar or lay with bristles facing down outside so it can dry naturally and the water can run away from the brush head. Don't leave hanging in the shower, in a bath room cupboard, over a laundry tub, or in a drawer where it could hold moisture. Any moist environment will cause mildew on the bristles.
- Spray the brush with the Bodecare Organic Tea Tree Hydrosol after each body brush to kill any bacteria in the bristles, this will prolong the life of the brush.
- Ensure the entire brush head is dry before using again, any water residue left in the brush will soften the bristles and reduce the effectiveness of dry brushing.
- Because the timber is natural and has not been treated with chemicals, plastics or lacquer the timber may crack if it gets really wet, which is why washing just the bristles is recommended. If any cracks occur this will not affect the quality of the brush.
- Apply a thin layer of Jojoba Oil to the wood of your brush to help naturally waterproof the timber after every wash.



# Non-Toxic Dry Body Brushes

**If you are trying to rid your body of toxins don't risk using a body brush that is covered in chemicals. You deserve the best quality and that is why I have introduced an eco range of brushes.**

## **About the Bodecare Brush**

Bodecare's range of European brushes are beautifully crafted in the traditional method of brush design. They are more eco-friendly than ever and have ticked all the eco requirements which Bodecare lives by. The brushes are NOT sprayed with chemicals, instead they are Heat Treated.

They are made from Certified FSC Timber. Forest Stewardship Council (FSC) is an independent, non-governmental, not-for-profit organisation established to promote the responsible management of the world's forests.

The bristles are made from genuine Tampico plant bristle which is from the Agave plant and are cleaned with boiling water before being inserted into the brush. The timber is finished with natural oil to protect the wood. The brushes are Vegan friendly, no animal products have been used to make this brush.

My journey to developing the most non-toxic dry body brush will continue to develop and improve. To have assurance that you are not touching something that can transfer toxins into your skin gives me peace of mind, not only for myself, but also for my family and my customers.

Ph: 07 3288 2832  
Email: [admin@bodecare.com](mailto:admin@bodecare.com)  
[www.bodecare.com](http://www.bodecare.com)



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BODECARE PTY LTD

Springfield Lakes QLD Australia  
+61 7 3288 2832  
info@bodecare.com

[www.bodecare.com](http://www.bodecare.com)