

FREE YOUR HAIR

Your **FREE YOUR HAIR** Brush is a tool for self-care, and was created to assist you in weaving ritual into the daily practice of hairbrushing.

Healthy hair starts at your roots, where circulation feeds the cells which create your hair. Brushing helps move protective natural oil from your scalp to your ends, bringing with it the resilience and protection hair needs to grow long and strong. Through brushing, you will find balance and pleasure, hair vital and healthy without the use of synthetic hair products. Less wash, more brush.



RITUAL

We recommend brushing your hair thoroughly while dry, before you shower/bathe. Take 5 minutes, slow down, get comfortable, and brush your hair from all directions. Forward, backwards. Side to side.

As you brush, know that you are moving stagnant energy out and away from your body, clearing your crown of anything that isn't in your best highest interest. Breathe, and keep brushing. With each fallen hair caught in your brush, you lighten your load. You are creating space to move more freely in the world.

What do you desire to bring into your life?

Imagine it as you brush. Brush it into your hair, and into your life.

Make this ritual your own in whatever way suits you.

Light a candle for it if you want, and make sure to do it on the Full and New moon. Practice it with/on your loved ones, knowing that it is a powerful act of love to share.



Thank you for caring for your crown and transforming your haircare with the FREE YOUR HAIR Brush.

We love to see your brushing rituals, it really makes our day. Please share them on IG if you feel like spreading the love, and make sure to tag us @roxiejanehunt #freeyourhairbrush

