

BODY BRUSH SET

QUICK START GUIDE

INTRODUCTION

Your Body Brush set will help you to remove dead skin cells better than washing alone, helping you to maintain healthier looking and feeling skin. The set includes the following:

- 1x Brush Handle
- 2x Removable Brush Heads (coarse 100% natural boar bristles and soft 100% nylon bristles)
- 1x Facial Brush
- 1x Storage Bag

The different wooden Brush Heads may be used by hand, or attached to the Brush Handle for a longer reach. They are also interchangeable, allowing for either a coarse or soft feel depending on your preference. To install the desired Head onto the Handle, simply slide it onto the Brush Handle using the notch on the back of the Head.

HOW TO USE (DRY BRUSHING)

Dry brushing is a technique that sweeps dead skin cells away before washing to improve both the appearance and health of your skin.

- Use the desired Brush Head on dry skin for at least three (3) to eight (8) minutes prior to showering or bathing for best results.
- Use gentle circular motions or long strokes, adjusting the pressure to your skin type and comfort level.
- To help promote healthy blood circulation, always brush towards the center of your body (from hand to shoulder, from foot to waist, etc.)
- Once finished, bathe normally to rinse off the dead skin cells.

NOTE: Your skin should be pink and glowing, NOT red and irritated, after using the brush. If the brush irritates your skin, reduce the duration and/or your pressure on the brush next time.

CARE INSTRUCTIONS

For light cleaning, simply wash the Brushes with mild soap and warm water, and dry them completely afterward. It is completely normal for some bristles to fall out over time as the fibers soften.

OTHER IMPORTANT INFORMATION

- Never brush over inflamed skin, sores, or sunburns.
- Keep the Brushes and Handle dry whenever possible.

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