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wellness and spa products

Yin Yang Dry Skin Brushing



Message from Jodie

The energizing 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 with regular exercise, a healthy diet and drinking plenty of water. I hope you can make the Bodecare Yin Yang Dry Body Brushing a part of your daily routine and thank you for taking the time to contribute to your health!

Jodie Smith
Director – Bodecare

References

Cathy Bell Acupuncture & Massage,
www.cathybell-acupuncture.com

Ananda Mahony, Vitale Natural,
www.vitalenatural.com.au

5 Secrets of Health and Happiness, Chinese Wisdom to Nourish Your Life, Angela Hicks

Mental Toughness Training for Sports, Achieving Athletic Excellence, James E. Loehr, Ed.D.

Health Traditions by Bruce Bentley

Bodecare (pronounced 'body-care') specializes in Dry Body Brushing, 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 Germany 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. The origins date back to Ancient Roman times, after exercise, ancient Greeks would scrape their skin with a wooden tool called a Strigil, before hopping into a bath. In Chinese culture dating back 700 years ago they used a method of rubbing the skin with smooth-edge instrument called Gua Sha, used to relax tight muscles and tiredness.

The art of brush making is a very long tradition in Germany and dates back to the 18th century. More than 30 years ago, a Finnish doctor by the name of Paavo Airola prescribed this technique for his patients to detoxify, exfoliate and stimulate the skin.



Dry brushing can assist with venous blood circulation and lymphatic drainage to aid in the release of toxins, exfoliate dead skin and reduce ingrown hairs, it may also assist in reducing the effects of many dry skin conditions like Psoriasis, Keratosis Pilaris and Eczema. Bodecare clients have used the Yin Yang Dry Brushing Technique successfully for the relief of arthritis; increased circulation of scalp; improving poor circulation; reducing stress; bringing back hydration and tone to the skin; removing bumpy skin from the back of legs and buttock to achieve soft sexy skin on legs for the first time in years. (See testimonials at www.bodecare.com)

Bodecare Yin Yang Dry Body Brushing System is a holistic approach to caring for the body and mind. I believe in the Yin Yang Eastern Philosophy symbolizing balance and harmony with life. Traditional Chinese medicine has coined the term Qi, which is the energy flowing through the body. Whenever there is disharmony in the body, Qi is not flowing properly. Dry body brushing is natural method of unblocking stagnate Qi and keeping the energy flowing freely through the body.

The Yang represents light, so dry brushing should be done in the morning to warm and excite the body's circulatory system; invigorates the lymphatic circulation for toxin removal; awakens the mind and brings energy and positivity. The Yin part of the ritual comes at night, before you go to bed, this is your time to rest and relax. Combining acupressure massage on your feet with the Bodecare hydration lotion containing essential oils to bring down excess energy, calm the mind of over thinking and soothe the digestive system. You end the day with relaxation, calmness and healing.



Precautions

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

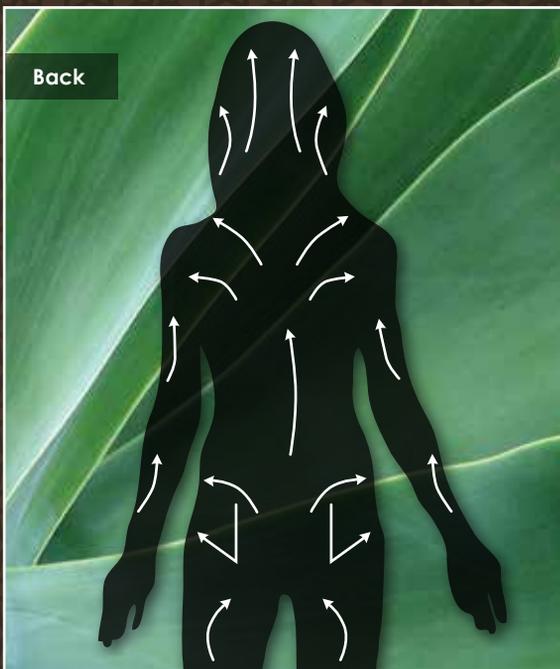
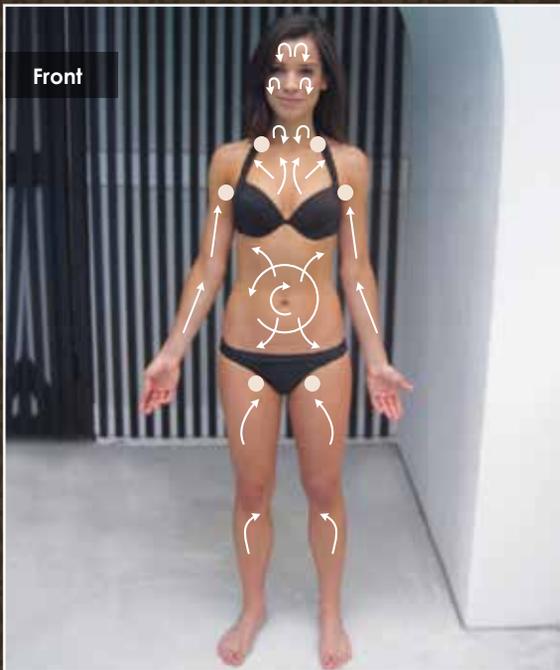
- Never Skin Brush over active inflammation e.g. open wounds, inflamed sores, varicose veins, sun burnt skin.
- Never skin brush during an active cancer state or enlarged lymph nodes.
- Avoid breasts & genitalia area.
- If pregnant seek doctor's advice first before skin brushing. Based on your present health, if you had already been dry body brushing and if the doctor says you are okay to brush, you should consider these tips. Avoid the stomach, it may be too stimulating for your baby, use a soft plant bristle brush in case you are extra sensitive to touch, concentrate around your feet, ankles and legs to assist with any fluid retention, only use organic moisturisers and body oils.
- If an allergic reaction appears stop brushing. Tell your naturopath what happened after you body brushed, it could be your body detoxing, but it is best to ask a naturopathic professional who specialises in skin conditions.
- Dry brushing does exfoliate skin, therefore regular washing of the brush bristles is essential to remove dead skin from the bristles.
- A slight reddening of the skin (erythema) is normal, it is the blood circulation responding to the skin brushing.

General Rules of Dry Skin Brushing

- Always use a **plant bristle** skin brush. Plant bristles can be soft, medium and firm, choose a plant bristle that matches your requirements e.g. If you need it for circulation, and moving cellulite choose a firm body brush. If you are sensitive to touch, have a dry skin condition, a child or very thin/mature skin, start by using a soft or medium bristle brush. Allow your skin to get use to the dry brushing sensation until your skin heals and strengthens before advancing to a firmer bristle.
- Perform on **dry skin only**. This will provide the best stimulation and exfoliation. When plant bristles are wet, they go soft and clump together so you won't get the results you are after.
- Generally stroke upward in one motion. Except for fingers and toes, you can brush back-and-forth between them. On the face use upside-down U-shape brush strokes, pressure on the upward stroke and lightly on the way down.
- Brush strokes repeated 7 times per area of the body.
- Work from left to right side of body.
- Yang dry brushing is done in the morning to awaken the body and get the circulation stimulated.
- Best to follow brushing with some form of hydrotherapy i.e. shower or bath
- Always use a good quality organic body lotion and face moisturiser after your shower, to ensure your skin is kept hydrated and nourished. At night use the Bodecare Yin Calming Lotion to help relax and hydrate the body. Follow the acupressure massage steps for the feet just before you go to bed to quiet the mind and transition you from your busy day.

Images – Top: Lymph nodes and brush stroke directions on the front. Bottom: Brush stroke directions on the back.

→ Brush Stroke Direction ● Lymph Nodes



Yang Dry Body Brushing

Yang dry brushing is done in the light, preferably the morning to help awaken the mind and energise the body.

While brushing, ensure to take a few deep breaths, using a breathing method from Yoga to build the Parasympathic nervous system which will bring mental calmness. You can use this breathing technique any time of the day when you are feeling stressed or if your mind is racing with too many thoughts.

Start by taking long deep breaths, expanding the belly on the in breath and releasing on the out breath. Focus on breathing in and out of the left nostril. Try to clear your mind of all the thoughts of the day and say a positive affirmation to yourself, like, 'I love this', 'I love my life', 'I'm going to have a great day'. Be in the moment while dry brushing, feeling a real sense of calmness and quiet inside, everything will seem to flow naturally, after you will feel energised, confident and positive and ready to start the day.

How to Brush

Bodycare dry brushing process starts at the feet and works up the body to the scalp.

The order is to brush the entire left foot/leg/buttock and then right foot/leg/buttock; stomach; back; left hand/arm/armpit and then right hand/arm/armpit; décolletage; neck; face and scalp.

At any time you feel very sensitive you can follow each brush stroke with a soothing sweep of the other hand. Ensure to brush seven times per area.

Feet

Start on left side.

- Start at soles of feet, brush in-between toes and then stroke brush from toes to heel 7 times.
- Continue on top of foot brushing in-between toes and then brush in one stroke from toes to ankles and ending at Achilles tendon behind ankle. Cover entire foot working from outside to inside of foot.





Lower Leg

Divide the leg into four sections, Front; Inside; Back; Outside. Spend some time brushing behind the knee because there are a lot of lymphatic nodes in this area and it gives a lot of relief to sore, tired legs. Brush the front of knee to help drain any fluid build up in the knee joint. Ensure to brush seven times per area.

- The brush stroke from the foot ends behind the Achilles tendon. So continue with one sweeping brush stroke up, moving from Achilles tendon up calf (back of leg) and behind the knee.
- Then place brush at the inside ankle and brush up the inside calf and then ankle up the shin (front of leg) and finally from the ankle up outside shin to knee.
- Brush the knee using small upward strokes from left to right and back again.

Upper Leg

- Keep brushing from knee up the outside quadricep, then from knee up quadricep (front of leg), from knee up inside quadricep, right up to the groin to the major lymph node.
- Using the same brush motion, finish the leg by brushing up the back of the leg, from the knee up the hamstrings just under the buttock.

Buttock

- Starting at top of left 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.

Repeat brushing on right foot, leg and buttock.

Images – Top: Brushing 'outside shin' with the **Detox Body Brush**. Centre: Brushing 'outside quadricep' with **Tampico Long Handle Body Brush**. Bottom: Brushing buttock with the **Cactus Deluxe Body Brush**.

Abdominal

When brushing the Abdominal area, it is recommended to use lighter brush strokes so that it is more comfortable. Ensure to brush seven times per area.

- **Lower abdominal:** Start on the left side, hold brush at navel and brush stroke downward toward the lymph groin area, and then from navel outward to hip joint.
- **Upper abdominal:** Hold brush at navel and brush stroke outward to the waist and then from navel upward to armpit and lastly from navel up under the breast line.

Repeat this on right side.

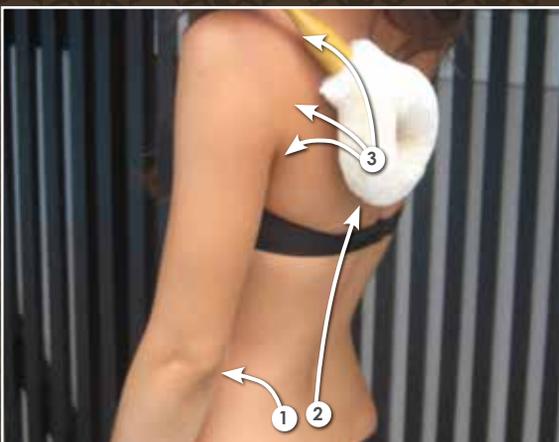
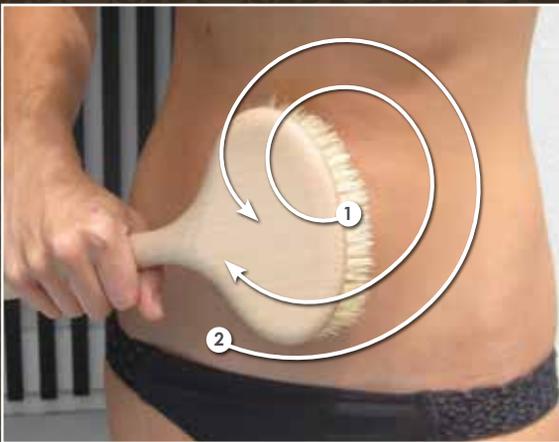
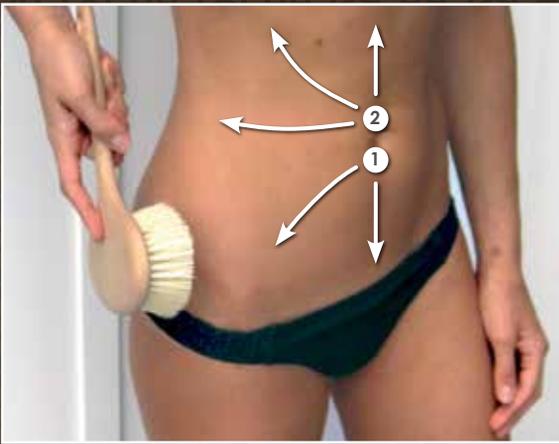
- **Complete abdominal:** Place brush at navel move in small circular clockwise strokes, not leaving the skin, gradually increase the circular strokes until reaching the outer abdomen. Then work in anti-clockwise brush strokes from large to small until back at the navel.

Back

- Hold brush at the lower back, start your brush stroke from left lower spine and sweep brush stroke up and out to side of torso.
- Then from lower spine all the way up to the shoulder blades.
- Then from middle of spine brush across shoulder blades toward armpits to a major lymph node and finishing from spine to over the shoulder.

Repeat on right side

Images – Top & Centre: Brushing abdominal area with **Detox Body Brush**. Bottom: Brushing back with the **Jute Long Handled Body Brush**.





Hand and Arm

Ensure to brush seven times per area.

- Starting on your left palm, brush between fingertips, across palm of hand and wrist.
- Turn hand over, brushing on top of hand start from fingers up the arm in one sweeping stroke.
- From wrist to elbow cover the entire surface of the arm dividing it into four sides like the leg.
- Brush over the elbow a few times before moving up the arm toward the shoulders. Once brushing the entire arm finish off brushing the armpit.

Armpit

The armpit is the location of one of the major lymph nodes of the body, so it is important to stimulate this area to assist in the elimination of toxins from the body. It is also important to keep the pores of the armpit open and healthy to assist the body with expelling sweat.

- Place the body brush on the armpit area, use small circular clockwise movement, without leaving the skin.

Repeat brushing hand, arm and armpit on right side.

Décolletage, Neck and Face

When brushing décolletage, neck and face it is recommended to use a soft plant bristle brush, due to the sensitivity of most skin around this region. Bodecare has developed a specifically designed plant bristle brush for this area called the Jute Dry Face Brush. Do not use a normal body brush for this area it is too abrasive for the skin.

At the base of the neck there is a major lymph node in which brushing will assist to drain environmental toxins from the body. Ensure to brush seven times per area.

Images – Top: Brushing hand with **Mini Travel Brush**.

Centre: Brushing arm with **Detox Body Brush**.

Bottom: Brushing armpit with **Tampico Long Handle Body Brush**.



Décolletage

- Starting on left side hold brush just above the breast line and brush upward to the collarbone.

Repeat this on the right side.

Neck

The skin on the neck starts to lose elasticity with age, so it is important to stimulate collagen and elastin fibres in the neck region.

- Hold brush on left side, base of neck, behind the ear (1) and very lightly brush up to the ear, run along the jaw line and curve down to the front of the neck to the collarbone (2).
- Finish off with small upward brush strokes under the jaw line from left ear to right ear (3).

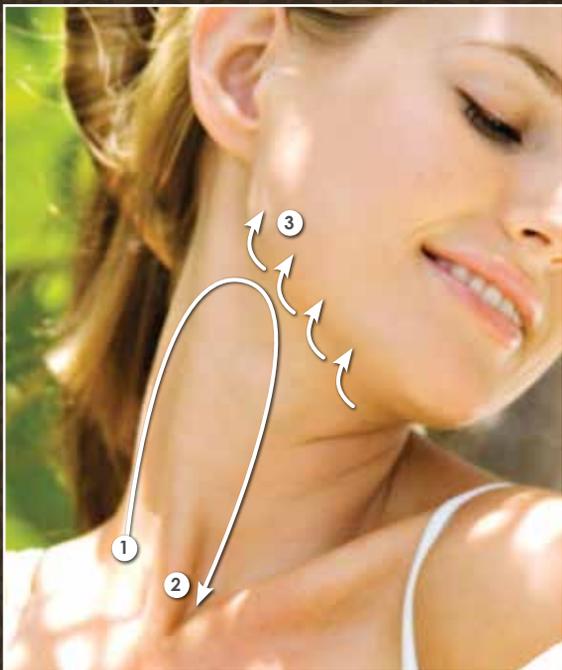
Repeat brushing on right side of neck.

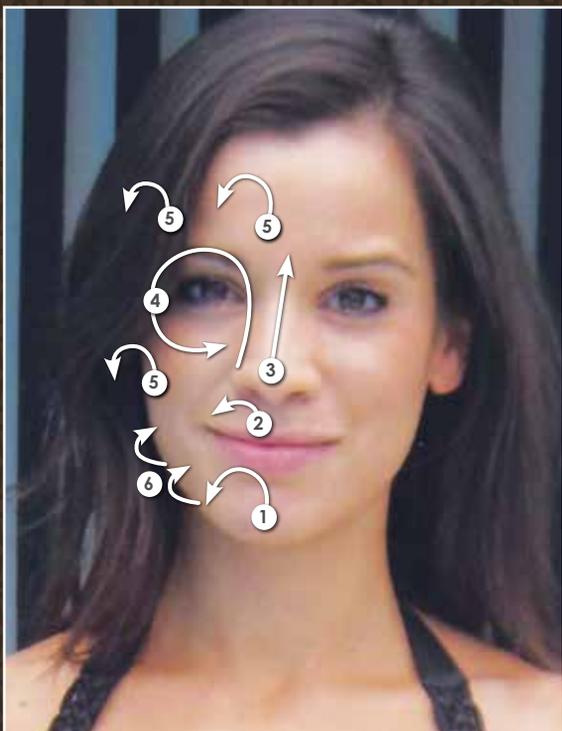
Face

Dry face brushing is a thorough and intensive exfoliation. Therefore, it is recommended to dry brush only about 1-2 times a week, followed with a hydration mask or facial oil to keep the hydration balance in the skin. Your skin will be looking radiant as you continue this beauty ritual. However, over exfoliating the skin on your face without replacing it with good moisturisers and hydration masks can leave the skin very dry and can cause break outs.

Brushing the lips is another important area that starts to age and develop fine vertical lines. Exfoliating the top lip will help rejuvenate the skin. Brushing the side of the nose will assist with draining sinus or congestion around the eye area. Do not drag the brush around the eye area, this must be a very light application, to protect the delicate skin around the eyes. Dry brushing around the eyes will help promote circulation and collagen production in the skin.

Brush entire left side of face before moving to the right side. Seven brush strokes per area. The brush stroke is





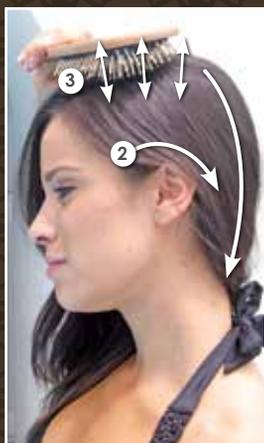
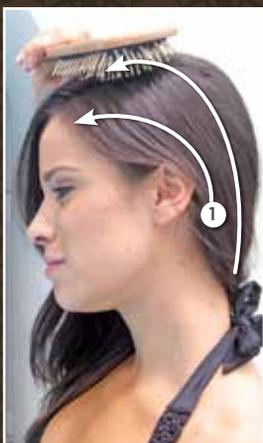
a small upside-down U brush stroke. Pressure on the upward stroke and lightly on the way down, it almost looks like circular motion.

- Place brush at the chin, brush left side of chin using the U-brush strokes.
- Brush above the lip.
- Brush in one upward stroke up the bridge of the nose.
- Place brush on the left side of nose, next to the nostril, brush up to eye-brow bone, around eye and back to nose.
- Move brush strokes above the left eye on forehead and then to the left temples to relieve stress and head pain.
- Continue brushing down side of face and cheeks.
- Finish off with small brush strokes up under the jaw line from left ear to right ear.

Repeat brushing on right side of face.

Scalp

- Switch to a hairbrush with wood pins. Flip head over and place brush behind left ear and brush upward to temple. Then place brush at base of neck and brush upward to top of head, covering the entire head working from left to right.
- Stand upright and place brush in front of left ear and brush down to back of neck, working around the front hair line from left to right, ending with brush behind right ear and brush down to side of neck. Scalp massage restores pliability and relieves tension, helping promote new hair growth.
- Lightly tap scalp all over, ensure you have a wooden hair brush with a rubber cushioned base to soften the taps to the scalp. Tapping the scalp will stimulate circulation and move dead cells and flaky skin which facilitates the growth of healthy hair.



Images – Bottom: Scalp tapping with **Scalp Massage Hair Brush**.



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.

When you first begin it may take you a bit of time to complete, but once you get used to the process you will only need to spend a couple of minutes each morning. If you are short on time brush the area of most concern to you, this will ensure all your hard work won't go to waste.

Personally I don't body brush my legs the day after I shave, because my skin is already quite exfoliated from the shave so I wait a day before I start again. If you forget a couple of days to body brush, don't worry, just start again the next day. Try to build it into your daily routine as best you can and overtime it will become a fantastic healthy habit.

If you are away from home and want to continue your brushing routine, I have some great travelling brushes for you to take with you.



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 Bodecare brush regularly.

After each body brush spritz the bristles with the Bodecare Organic Tea Tree spray, to kill any bacteria in the bristles and reduce any risk of spreading bacteria onto your skin next time your brush.

Once a week, wash the bristles in hot soapy water with a Tea Tree Oil Soap, press the brush bristles into a towel to remove excess water then leave in the sun with bristles facing down or hang in a well ventilated area. It is okay to leave the brush bristles resting on a heating towel rack, because it is a very gentle temperature, but not a room heater. Do not leave plant bristle brushes hanging in the shower or over a laundry tub, because the bristles will mildew. Bristles need to be completely dry before using the brush again.



Yin Calming Massage

The Yin Calming Massage is a soothing foot massage, using a simple acupressure technique to calm the body just before you go to bed.

Spend five minutes massaging feet at night as it will take energy down from the head (active minds) and help facilitate sleep. Using the Bodecare Yin Hydration Cream containing a combination of essential oils to relax the senses, its aromatic fragrance is like giving you a 'big hug'. The hydration cream can also be used for the entire body as your nightly hydration lotion.

While massaging the feet take a few deep breaths in and out of your left nostril, to trigger the Parasympathetic nervous system to calm the body. Try to clear your mind of all the thoughts of the day and say a positive affirmation to yourself, like, 'I love this', 'I love my body'. Be in the moment while massaging, feeling a real sense of calmness and quiet inside.

I have chosen three specific acupressure points to help relax your body. Point A is the Kidney channel, known for bringing down excess energy, assisting with stress-related insomnia. This can be very helpful for someone who is in their head too much, always over thinking. This point reconnects you to the earth and grounds you, allowing you to move forward with greater clarity. Point B is known as Spleen 4, it is associated with the digestion of food as well as the processing of thoughts and experiences. Treating the Spleen to quiet an over analytical mind can be very useful in easing stress. Point C is known as Stomach 40, massaging this area helps calm the spirit and benefits the chest, where the heart resides. Combined, these three points really relax me and I find that I can go to sleep much faster. I look forward to this time of the day and I make sure that I do the special breathing technique as explained while dry body brushing to build the Parasympathetic nervous system which brings mental calmness.

Steps for the Bodecare Yin Calming Massage

- Apply the Bodecare Yin Hydration Cream on your left foot, massaging in circular motion all over.
- Press your thumb firmly into Point A as shown in diagram and hold for 10-20 seconds. Slowly release the pressure from the point and massage foot gently with both hands and then repeat this again two more times.
- Using both hands massage up the inside of the foot, which is Point B, known as Spleen 4. Massage here for about one minute.
- Apply more Yin hydration cream to the front of shin, this is Point C. In acupressure it is known as Stomach 40, massaging with both hands up the front of the shin for about a minute, apply pressure on the upward motion and lightly on the way back.
- Any residual hydration lotion can be massaged into dry areas of the foot like toe nails and heels.

Repeat on right foot.

After the Yin foot massage you should be feeling significantly more relaxed. You have given your body permission to rest and rejuvenate.

Images – Left: Point A. Centre: Point B. Right: Point C.





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Bodecare Distribution Pty Ltd
PO Box 2066 Toowong Q 4066

www.bodecare.com