

# *7 Worst Mistakes To Avoid When Buying And Using A Body Brush*



*In this report you'll discover...*

- How to choose between a natural brush and a synthetic brush – and which one will give you a smoother look.*
- Why you should never buy a brush bristle that is way too firm or too soft for you.*
- How to avoid spreading bacteria on your skin.*
- Where to get the best quality brushes to give you a smoother, younger and healthier looking body.*
- Plus much more...*



# Discover The 7 Worst Mistakes To Avoid When Buying And Using A Body Brush.



In this report, I'm going to give you 7 specific strategies that will help you avoid making a mistake when buying and using a body brush.

**You'll learn a few simple tips to figure out the best possible dry body brush for you and how to save you a lot of confusion.**

If you rely on advertising explanations about body brushes, you will almost assuredly end up missing some of the vital steps for achieving the right brush and delay your chance for radiant, age-defying skin (and will likely be even more confused).

Healthy skin naturally sheds millions of dead skin cells every day, but sun damage, dry or oily skin, genetics, and other skin disorders can block this process, resulting in clogged pores, blemishes, white bumps, dull or flaky skin, sluggish circulation and uneven skin tone.

Dry body brushing gently gets rid of the built-up dead skin cells, unclog pores, stimulates circulation, assists lymphatic drainage to release toxins, rebuild collagen, smooth out wrinkles, and allow dry skin to heal!

After dry brushing for over 20 years I have researched a lot of information on the best type of dry body brush for different skin types, how to care for your brush, how to brush to achieve optimum results for your skin and health and received many great stories of how dry brushing has helped individuals not only physically but emotionally as well.

This is a small sample of my successful strategies for Dry Body Brushing that everyone should know when investing in a body brush. Follow this checklist for 7 ways to transform your skin now and start seeing instant results!

So let's get into it...

# 1) Avoid synthetic body brushes and Boar's Hair body brushes.



Synthetic bristles will not exfoliate the skin like plant bristles, they are meant for the shower, not for Dry Body Brushing.

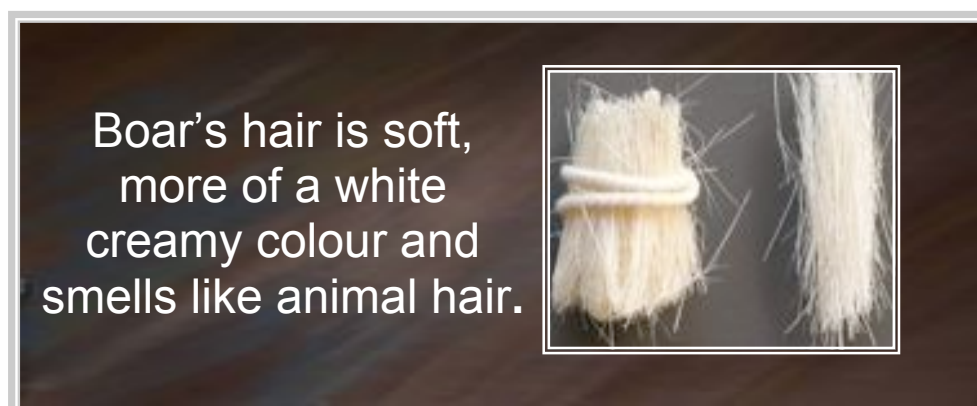
To achieve great results with dry brushing you need stiff bristles. Firm synthetic bristles are completely smooth with sharp ends that will scratch and irritate the skin. When you are ready to purchase your dry body brush make sure it has *plant* bristles. Plant bristle provides the best stimulation and exfoliation for the skin.

A single plant bristle has tiny hooks and imperfections that pick up dead skin as you are brushing and even though a plant bristle is firm, the ends are slightly frayed so they don't scratch the skin. Using natural plant based products is a much healthier alternative for your skin.

NOTE: Be very careful when you buy a brush if they say it is a 'natural' bristle, this could mean that it is boar's hair (pig's bristle) which is very soft and does not exfoliate or give the same results. It is easy to identify the difference of plant hair and boar's hair.



Plant bristle is usually a yellow golden colour and smells like hay.



Boar's hair is soft, more of a white creamy colour and smells like animal hair.

## 2) Don't Buy A Brush Bristle That Is Way Too Firm OR Too Soft For You!

Deciding which brush to purchase can be confusing and not one type of brush suits every skin type. Whether you are a beginner or have been body brushing for years, your bristle preference will vary.



Bodecare provides plant bristles that are categorised as Soft, Medium and Firm. So as you become more experienced in body brushing you can graduate to the next level bristle and continue getting the results you are after.

For newcomers to dry body brushing it is recommended to go for a soft or medium bristle firmness (we recommend the *Detox Body Brush*, *Double-Sided Body Brush*, *Flexible Long Back Brush* or *Japanese Body Brush*). The plant bristle will still provide good stimulation, and as you brush each day your skin will get used to the sensation of plant bristles on the skin.



Also a soft plant bristle is a good start for younger people wanting to dry body brush, or if you have a skin condition which you need to treat very carefully.

The concern with starting with a hard core firm plant bristle brush is that after the excitement wears off from starting dry body brushing and you forget to brush for a few days, when you go back to it you may find it way too hard to continue and then stop brushing altogether.

So after a few months when your skin has become accustomed to the feeling of dry brushing you can graduate to firmer brush bristles.

If you are new to dry brushing and still want to go for a firm bristle the best choice is the *Deluxe Body Brush*, it is made with fine coco bristles and the bristles are cut on a smooth convex shape. So you can apply light pressure brush strokes, it will feel smooth and comfortable and you will still get great exfoliation and stimulation for the skin.

### SPECIAL TIP

For experienced dry body brushers a medium-to-firm bristle will provide optimum exfoliation, stimulation and massage for the skin (we recommend the *Deluxe Body Brush*, *Tampico Long Handled Body Brush* or *Long Handled Japanese Body Brush*) Your skin is comfortable with the sensation of dry brushing and you are ready to use a firmer brush. The longer you body brush the more you will crave for a firm, invigorating brush each day to really wake you up.

### 3) The Brush Shape Is Really Important!

The design of the body brush can vary also depending on your needs, i.e. you may want to use it for specific parts of the body or for a special reason like reducing cellulite, increasing circulation or reducing a skin condition like keratosis pilaris.

If you have trouble accessing your back and need to release a lot of stress around the shoulders, neck and back or have blackheads and clogged pores on your shoulders, you could try the *Flexible Long Back Strap Dry Body Brush*.

The plant bristles are sewn into a really long strap, the entire brush wraps around the back and neck as you brush back and forth, it is the best dry brush of your back you will ever experience, besides going to a natural therapist to have a body brush treatment.

If you want access to the back and you prefer a traditional timber body brush go for a fixed long handle or a detachable brush head with a long handle. (try our *Long handled Japanese body brush* or the *Tampico body brush*)

To make it easy while you travel choose a detachable long handle brush and just take the brush head with you (*Tampico Body Brush*), or buy a specially designed hand held brush head with a hand strap in a carry bag (*Deluxe Body Brush*).

Another great travel brush is the dry brush mitt, this is sisal plant bristle sewn into a hand-sized mitt. Bodecare has the *Double-sided Dry Brush Mitt*, one side firm and the other soft to cover all body parts. There is a *Single-sided Dry Brush Mitt* that comes as a special gift in the Bodecare Dry Brush DVD gift set. All are compact and convenient to pack.

If you have specific concerns like cellulite and you want to concentrate on your legs and buttocks, you should go for a brush that has medium to firm bristles to really stimulate the circulation.

For more sensitive skin conditions like keratosis pilaris or really dry skin, you may want to try a soft or medium brush, so you are still gently exfoliating and opening the pores (we recommend the *Detox Body Brush*).



We recommend the  
*Tampico Long  
Handled Body Brush  
or the Long Handled  
Japanese Body  
Brush.*

## 4) Always Have A Shower Or A Bath After Dry Body Brushing.

Dry body brushing sheds a lot of dry skin, it is best to wash off the dead scaly flakes in the shower or bath and then apply an organic body moisturiser to hydrate and protect the skin. If you dry brush and then do not shower after, you may find your skin gets itchy because it is dry and flaky from the body brushing.

## 5) Avoid Spreading Bacteria Onto Your Skin.

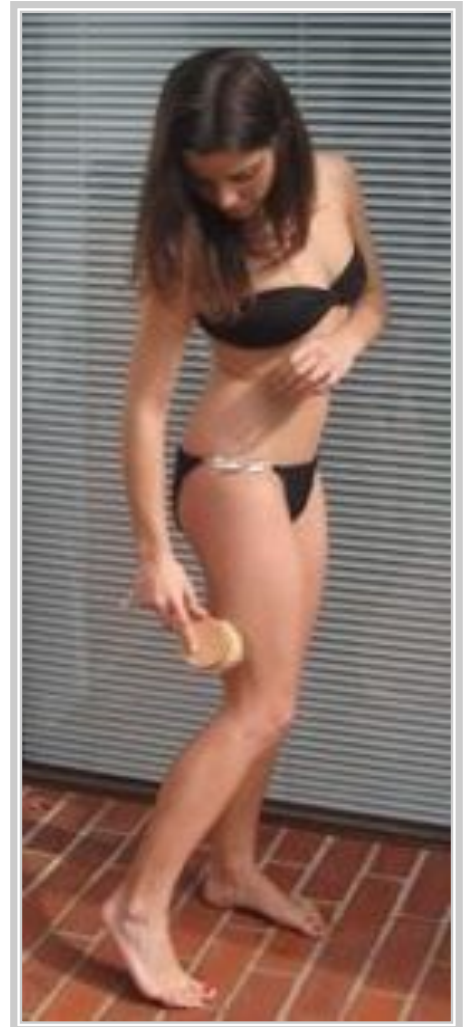
It's important to keep the brush bristles clean and bacteria free. By regularly cleaning your brush bristles, you prolong the life of the brush and reduce risk of bacterial infection on the skin.

Spray the *Bodecare Tea Tree Spray* onto the bristles after each use and in-between weekly soap wash. The weekly soap wash is essential as a lot of dead skin is sloughed off when dry brushing. Once a week wash brush bristles in hot soapy water and leave in the sun to dry or a well ventilated area.

For a greater clean you can wash with a Tea Tree soap in hot water, then soak in disinfectant for 5 minutes, rinse and leave in the sun to dry. Something I like to do to remove excess water is press the brush bristles into a towel and brush over the bristles with your hand so the bristles are back in place. Then leave in the sun to dry. The sun does the best job of drying plant bristles by far.

The last thing you want is to spread bacteria onto your skin and risk getting skin infections.

Never leave a plant bristle body brush in the shower they will mildew. It only takes a couple of days before a plant bristle will mildew after being left in a damp environment. Once the mildew and bacteria have started to grow in the base of the bristles it is very hard to get rid of it and the risk of passing onto your skin is not worth it.



## 6) Discover Which Direction To Brush

Stroke brush in one upward movement, except when brushing fingers and toes, you can brush back and forth between them.

When you use the Flexible Dry Back Brush, you can brush back and forth towards the lymph ducts in the armpits, over shoulder, sides of torso and buttocks.

When using a traditional body brush, we recommend brushing upward and towards the major lymph nodes in the body, such as the groin, armpits and base of neck. If an area of the body feels more sensitive follow the brush with a soothing sweep of the other hand. Work from left to right, which is the natural direction when massaging the body. Approximately seven strokes per area. I divide the legs and arms into four parts, front; side; back; side.

## 7) Be Socially Conscious With Your Purchase

When you buy your brush, try to choose a company that is giving back to the environment or the community.

Bodecare has a keen interest in contributing to the preservation of the environment, which is why we use timber from managed sustainable forests or recycled timber from a Fair Trade company.

When you choose plant bristle brushes you are making a positive purchase because they are from plants like the Agave. Agave grow rapidly and require no pesticides to produce. They are also naturally good for your skin and they have not been removed from an animal.



## 8) EXTRA BONUS – Avoid Buying Anything Less Than You Deserve...

Here at Bodecare we ensure our clients only get the highest quality brushes, which give you a smooth, younger and healthier looking body. So as a thank

you for reading this report and becoming a subscriber I have put together a special package for you.

Make no mistake... This package is not available anywhere else on our website and there is only a limited supply... But I'll tell you all about this in a minute. First let me tell you exactly what you'll get.

## **“Discover How To Get \$346.20 Worth Of Bodecare Brushes And Services For Just \$97!”**

Yes you read right, I want to give you *“The Ultimate Brushing Starter Pack”* valued at \$346.20 for just \$97.

### **Here's what you get...**

- **The Deluxe Dry Body Brush in Hemp Drawstring bag** (value \$35.00)
- **Stimulating Massage Hair Brush In Spa Gift Box** (value \$25.00)
- **Fair Trade Pumice Spa Brush In Cotton Drawstring Bag** (value \$21.45)
- **Natural Face Brush With Super Soft Bristles** (value \$13.75)
- **Detox Jojoba Massage Oil Australia Made Organic** (value \$27.50)
- **Brushing Training DVD & Training Manual** (value \$29.50)
- **1 Year Bodecare VIP Membership** – (value \$147.00)
- **Lifetime Brushing Q&A Email Support** – (value \$47.00)
- **100% Bodecare Guarantee**

**That's a total of \$346.20 worth of Bodecare products and services.** And all you pay is \$97. To secure this offer simply click on the secret link below:

<http://www.bodecare.com/secret-subscriber-offer>

### **Why am I doing this?**

Because you have downloaded this report I know you are interested in purchasing body brushes. So I wanted to make sure your first body brushing experience is an incredible one -- with only the highest quality brushes.

### **But you must hurry!**

This package is only available to people who have received this report. Plus there is only 17 packages available and this offer could be taken off the website anytime. So to avoid disappointment and missing out, click on the link below right now to secure this incredible offer.

<http://www.bodecare.com/secret-subscriber-offer>

This is the most affordable way to gain a smoother, younger and healthier looking body using body brushes.

So secure your package and save \$249.20 right now by clicking on the link below:

<http://www.bodecare.com/secret-subscriber-offer>

I think you'll really enjoy your Body Brush package.

Happy Brushing!

*Jodie Smith*

www.BodeCare.com

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