





BENEFITS OF DRY BRUSHING

Dry brushing is a powerful way to exfoliate and detoxify the skin. Dry brushes are typically made with firm, natural fibers that help exfoliate, invigorate and revitalize skin. The process is most known for removing dead skin cells, improving the texture of skin, and reducing the appearance of cellulite. Skin will look visibly re-energized.





STEP 1

PRIOR TO SHOWERING OR
BATHING USE THE DRY BRUSH
WHILE DRY. WE RECOMMEND
DRY BRUSHING 1-3 TIMES A
WEEK, DEPENDING ON YOUR
SKIN'S SENSITIVITY.

02

START AT YOUR FEET
AND BRUSH UPWARDS
TOWARDS YOUR HEART.
THIS IS A FULL BODY
EXPERIENCE, SO MAKE
SURE TO GET YOUR
ENTIRE BODY. **BRUSH
IN LONG STROKES, 5-10
SECONDS** PER AREA
SHOULD DO IT! BE SURE
NOT TO PRESS TOO
HARD, THE FIBERS ARE
ALREADY WORKING
FOR YOU.



A close-up photograph of a person's arm being washed in a shower. A hand with light-colored nail polish is holding a white, textured mesh sponge against the skin. The background is a blurred shower stall with a white showerhead and a glass door.

03

**AFTER DRY BRUSHING,
HOP IN THE SHOWER
TO CLEAN OFF
YOUR SKIN. YOU
SHOULD FEEL AN
INVIGORATING
SENSATION.**





04

MOISTURIZE WITHIN TWO MINUTES OF SHOWERING, AS YOUR SKIN WILL BE BEST PREPARED TO TAKE ON MOISTURE. ONE OF OUR HYDRATING OILS OR BODY CREAMS WOULD BE A GREAT WAY TO RESTORE YOUR SKIN'S MOISTURE POST BRUSHING.



HOW DO I CLEAN MY DRY BRUSH?

You will need to clean your dry brush every couple of weeks (steps below). You should replace your dry brush every 2-3 months, as dead skin cells will build up. Regularly cleaning will make it last longer, but the bristles will naturally soften and fall out.

- Add water to a shallow bowl.
- Add some natural soap or tea tree oil drops into the water.
- Rub the brush into the water and soap, but avoid getting the wooden handle wet.
- After this, use another bowl with just water where you can rinse the bristles.
- Let the dry brush hang to dry completely.

CAN I USE A DRY BRUSH WHILE PREGNANT?

Please consult your doctor for the best advice on pregnancy. From our experience, it's highly recommended to avoid your tummy, as during pregnancy you are looking to moisturize the skin as it expands. Dry brushing would exfoliate and is likely to cause irritation on the tummy. However, dry brushing other areas of your body is recommended to increase circulation. Again, listen to your body as during pregnancy you may have extra sensitive skin and dry brushing won't be encouraged.

COMMON FAQ'S



WILL THIS HELP WITH RAZOR BUMPS?

To combat razor bumps it's recommended to work on preventing them entirely. One method is to use a dry brush, usually made with more gentle jute material, to help draw out hairs in your skin. This can lead to better hair regrowth leading to less razor burn and irritation.

CAN I ONLY USE IT BEFORE A SHOWER?

Try dry brushing before you begin a workout and you'll find that it will help open up your pores and intensify the detox effect. Whether you are doing a HIIT class, running, spinning, or just headed to the gym, get out your dry brush a couple of minutes before you start the workout, and get the full benefit of sweating and detoxing your skin.

CAN I USE A DRY BRUSH ON MY FACE?

It's not recommended.
To understand what option is best, look for face-specific dry brushes, as body brushes made of sisal or Jujutete will likely cause too much irritation to the face.

CAN I DRY BRUSH IN THE SHOWER?

No. Only allow your dry brush to get wet when you need to clean it. of sweating and detoxing your skin.

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