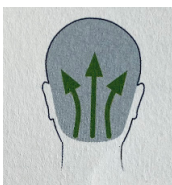


# Scalp and Hair Brushing Instructions



Minimum 2-3 minutes 1-2 times daily (preferably evenings) using instructions below  
Remove all remaining hair from the brush after every use — hair in your brush is to be expected  
Clean the brush gently in cool water after every use (oily scalp or dandruff – clean with soapy water)  
Lay the brush to dry— bristles down — on a cloth or towel  
Do not share your brush — if you do — clean the brush with soapy water after every use  
Clean the brush gently with soapy water for 30-45 seconds once per week. Dry as above

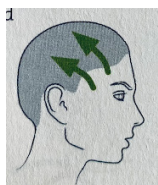
1.



<https://www.be-well.space/en/brushing>

Sit comfortably with your knees hip-width apart. Lean forward with a straight back and chest towards your knees. Using light, medium, or strong pressure, make sure your brush's bristles are evenly placed on the scalp at all times. following the directions in diagram

2.



1. Brush your scalp from back to front for 1 minute – Sit up straight

2. & 3. Brush your scalp on each side from the ear towards the crown – 30 seconds on each side

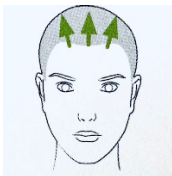
3.



4. Brush your scalp from front to back for 1 minute

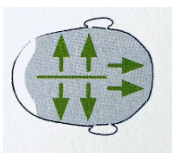
5. From the center part, brush left, right, and back from the crown for 30 seconds in each direction

4.



**Long hair** – to remove any tangles or knots using a paddle brush is recommended prior to the wild boar brush. If the brush gets caught, lift the brush directly away from the scalp. Don't try and force it through. Use your fingers or a paddle brush to remove the tangle then continue.

5.



Use a paddle brush, mid-lengths to ends for 2 minutes

# Healthy & Beautiful Hair



Every mindful stroke with your brush has numerous positive effects on your hair and overall well-being.

Your body's healthy sebum and minerals on the scalp act like a cleansing and conditioning balm. Evenly distributed through to the ends keeps your hair smooth and shiny.

Your scalp's sebum protects the hair from foreign bacteria and harmful environmental influences. Your scalp is activated and better nourished with oxygen-rich blood, which optimises your hair growth cycle and the strength of your hair.

Dandruff and other pollutants are more easily removed. The meridians on your scalp are stimulated, and self-healing powers are activated.

At the same time, the gentle massage brings deep relaxation to the scalp, body, and mind.