



Perfect Scents Therapies  
Ann George

### Looking after your skin brush

Hygiene is important with dry skin brushing, as so much dead skin cells sloughs off and works it's way into the brush bristles.

Therefore, if brushing daily, clean brush every 3-4 days and if brushing approximately three days a week, clean the brush once a week.

To clean your dry skin brush, wash in hot soapy water and leave in the sun to dry.

For an even greater clean wash bristles in an antibacterial soap in hot water and soak in disinfectant for 5 minutes, rinse and leave in the sun to dry.

### **NEW...**Hair Brush Paddle in Cotton Bag

Essential for hair and scalp care

\$20.00



## Dry Skin Brushing

Dry skin brushing works by exciting the body's physiological activities, such as lymph and blood circulation, restores moist, supple skin for youthfulness and strengthens the flow of vital chi.

Oxygen and nutrients can move more freely about the body and dead cells are more easily passed, freeing up trapped toxic waste for excretion. By aiding skin renewal and hydration, dry skin brushing improves the texture and glow of skin and allows for better penetration of skin care products.

**Ask us for a copy of our skin brushing routine**

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**Bodecare  
natural bristle  
brushes for face,  
body, nails and feet**



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and balance to your body,  
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Tel: 02 65 84 0027



# Bodecare

## Japanese Body Brush \$20.00

For many centuries the Japanese practiced vigorous brushing before bathing. The natural sisal will provide a slightly firmer skin brush, excellent stimulation and exfoliation



Handle: Sisal rope  
Bristle: Sisal  
Bristle Category: Firm

## Coco Bristle Skin Brush \$15.20

This versatile skin brush has a detachable brush, canvas hand strap, for easy access to all parts of the body. To ensure high quality, natural coco bristle is used as it is known for its durability and effective yet gentle exfoliation of the skin

Handle: Beech Wood  
Bristle: Coconut Fibre  
Bristle Category: Stimulating



## Tampico Plant Bristle Brush \$17.60

Tampico is the premium bristle for exfoliating and stimulating capillary circulation. The detachable brush head with canvas strap can be used by itself or with the long handle



Handle: Beech Wood  
Bristle: Tampico Plant  
Bristle Category: Extra Firm

## Vegetable Bristle Spa Brush \$12.80

The vegetable bristle skin brush is widely used in spa therapy for its naturopathic effects on skin and body. It has an ergonomic handle for smooth application of the skin brushing technique



Handle: Beech Wood  
Bristle: Coconut Fibre  
Bristle Category: Firm

## Invigorating Body Brush \$12.80

Compact natural bristle skin brush, perfect for first time users to promote skin's beauty. Easy to grip handle and stylist timber finish

Handle: Beech Wood  
Bristle: Boar's bristle  
Bristle Category: Stimulating



## Kanso Body Brush \$19.20

A traditional timber paddle 'dry' body brush used to effectively slough dead skin and boost circulation, making it an idea choice for priming the body for detox.

Handle: Schinia Superbu  
Bristle: Boar's Bristle  
Bristle Category: Stimulating



## Natural Face Brush \$12.80

Made of silky soft natural bristles for the most delicate skins. An essential item for everyday cleansing and gentle exfoliation. Light application of brush is essential to avoid bristle knotting

Handle: Beech Wood  
Bristle: Goat's Hair  
Bristle Category: Extra Soft



## Bean Nail Brush 7.20

This beautifully crafted nail brush offers two functions in one. The longer bristles help to keep the nails clean and buffed and the shorter bristles are used to clean under the finger nails. The bean curved handle fits perfectly into your palm for easy application

Handle: Beech Wood  
Bristle: Boar Bristle  
Bristle Category: Firm



## Natural Foot Scrub with Pumice \$8.00

The essential home pedicure tool, proportioned for easy grip and easy and effective for removing dirt from feet and nails;. The light timber foot shaped brush features both a firm brush to clean and buff nails and an exfoliating pumice stone for smoothing calluses



Handle: Beech Wood  
Bristle: Boar's Bristle & Pumice Stone  
Bristle Category: Firm

## Traditional Foot Brush with Pumice \$9.60

Classic in design and function, a natural timber foot brush with easy grip handle comes with a double-sided feature. The brush bristles for cleaning under feet, in between toes and under toe nails and pumice stone for smoothing calluses

Handle: Beech Wood  
Bristle: Boar's Bristle & Pumice Stone  
Bristle Category: Firm

