



SHAKANDRA^S

HOLISTIC CLEANSING AND NURTURING BY BRUSHING

PURPOSE

To bring your own sebum from the scalp of your head to the length of your hair.
Brushing your hair can improve your circulation and health of your hair. Resulting in **cleared, shiny, soft** and **strong** hair.

IMPORTANT TO KNOW

To extend the life of your brush use the whole surface of it when brushing your hair.
Always run your other hand over your hair after every stroke to smooth your hair to get a good connecting feeling with yourself.

INSTRUCTIONS

108 BRUSH STROKES A DAY, KEEPS THE DANDRUFF AWAY - IT TAKES AROUND 5 MIN.

1. 1 sprayer on your heart chakra, 3 sprayer above your head and 3 sprayer on your brush
2. Position yourself in a comfortable position by standing with your feet roughly 40 cm apart.
3. Bend your upper body and your head forward to be level with your hips and allow your hair to naturally hang down.
4. Now take the brush and start brushing the back of your head. Imagine your back of your head being divided into three equal parts.
 - Start with the middle part of the back of your head.
 - Brush gently and slowly from the roots to the middle of your head (10 strokes are recommended).
Be reminded that the brush should massage your skin!
 - Next brush the right side of your head and then the left side of your head – each side 10 times!
5. Regain an upright position.
 - Take the brush and start on the right side of your head.
 - Brush your hair from your ear in the direction of the middle of your head.
 - Do the same to the left side of your head (again 10 times for each side are recommended).
6. Now concentrate on your forehead. Imagine your forehead being divided into three equal parts.
 - Start from the hairline of your forehead to the middle of your head.
 - Next do the right side and the left side – each side 10 times!
7. The remaining 20 strokes are made to bring forth and your own sebum to nurture your hair.
 - For that brush your hair starting from the top of your head to the ends.
 - Run your other hand along your hair to prevent it being charged with static.
8. And finally enjoy another 8 brushstrokes with deep breathing in and out. NAMASTE



I LOVE WHAT I DO
Shakandra



may the mango be with you