

## BRUSHING & MASSAGING

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Proper brushing and massaging are two of the most important elements in the maintenance and rejuvenation of your hair. They are second only to proper diet and the use of holistic shampoos, conditioners, and styling products.

### Brushing your Hair

Daily brushing of the hair and scalp is far more cleansing than any synthetic shampoo. Brushing eliminates waste matter — such as deposits of uric acid, catarrh and other acidic debris — that build up to become encrusted on the scalp.

Brushing also stimulates capillaries, increasing blood circulation and transport of oxygen-rich nutrients to the hair stem, root and bulb. Most importantly, daily brushing stimulates hormone and oil-producing sebaceous glands. This keeps the pores of the hair and scalp open, allowing them to breathe and retain their natural oils.

### **How to Brush Your Hair**

Only brush dry hair with a natural bristle brush. Stand straight, then bend over from the waist as far as possible, allowing blood to flow freely into your scalp. Firmly grasp your brush handle, moving through the areas of the nape, sides, and crown all the way to your front facial hairline. Brush in slow, easy strokes for 3-5 minutes. Then straighten slowly. Your brush is now filled with sebaceous oil. Repeat the same procedure standing upright.

For those with curly, kinky, or coily hair, brushing is still beneficial! Do not confuse brushing with detangling or styling — this is purely a form of dry shampooing and maintenance. It is important to detangle beforehand. We suggest brushing your hair before bed, then putting it into protective styling (loose braids, two strand twists, etc.) to minimize the temporary poofiness.

For a video guides for straight and curly hair, go here: [morroccomethod.com/brushing](http://morroccomethod.com/brushing)

### **What Brush to Use**

Always use a natural bristle brush. Boar bristles are the preferred material, because they are almost identical to human hair in texture. This allows the sebum to be gathered and redistributed. The Pure Boar Bristle Brush is very soft and ideal for thin, weak, or brittle hair. The Mixed Pure Boar Bristle & Nylon Brush has a single nylon fiber that penetrates normal to thick hair and helps with detangling.

## How to Clean Your Brush

Clean your [Boar Bristle Brush](#) as needed whenever dust, hair, debris and oils accumulate. Especially during the hair detoxification process. You may find that you need to clean your brush more frequently (as little as two or three days).

Gently loosen strands of hair with a comb, careful not to pull out any of the brush bristles. Either dip the bristles only, not the hairbrush or handle, into warm soapy water and gently work the bristles back and forth to cleanse; or place a few drops of MM shampoo onto the brush spread with a little water and then rinse under running warm water. Make sure to hold the hairbrush with the head pointing downwards so no water can enter the air hole at the end. Rinse thoroughly and shake to remove moisture. Let air dry with bristles facing down.

## When to Brush

For optimal maintenance and rejuvenation, brush your hair three times a day: morning, late afternoon, and before bed. For those with curly hair, you can reduce hair brushing to once a week or more, but moving vital sebum throughout your hair strand will improve your curls' strength and shine.

For optimum maintenance and rejuvenation of your hair, it is vitally important to do consistent brushing three times a day: morning, late afternoon and bedtime. As you begin, sit quietly for a few minutes, breathing slowly and deeply through your nose. Calming your body (especially shoulders, forehead and scalp), releases any flow-blocking tension. Make brushing a regular habit. Nightly use of your brush is especially critical. By coating your hair with additional sebum, you set in motion new, healthy growth while you experience the renewal of sound sleep.

## Massaging your Scalp

Scalp massage stimulates sebaceous glands and promotes circulation in the scalp. Plastic, metal, and artificial materials are potentially harmful to the scalp as they can scratch and irritate, so use our all natural rubber Scalp Massager & Invigorator. This massager is firm enough to give your scalp a deep massage, but gentle enough not to damage your sensitive skin or pull out hair.

## How and When to Massage

Massage your scalp 1-3 times a day, around the same time you brush your hair. You can also massage your scalp in the shower with our shampoos, to get a deeper, more nourishing treatment. For those with short hair, massage vigorously in a circular motion all over your head for 3 to 5 minutes, or until your scalp is tingling. For those with long hair, flatten your hair with one hand, place the massager straight down onto one area with the other hand, hold it with your palm and do short circular motions. Pull straight out to prevent tangling.

## **Words from the Hair Shaman**

Brushing is a form of dry-shampooing. Stimulation from the bristles distributes sebum throughout hair and scalp, making both stronger and more resilient. It's also an excellent natural conditioner because coating hair with sebum as you brush restores moisture, giving hair added sheen, smoothed texture and greater manageability.