



**ae** | BODYBAR  
WHERE RELAXATION MEETS RESULTS

# Body Reset Ritual

## Step-by-Step Guide

# Body Brushing The A E Bodybar Way

A simple daily ritual to support lymphatic flow, smooth skin and gently wake up the body.

**Skin must be dry (before shower).**

**Light to medium pressure. Think “firm feather” – you feel it, but it’s never scratchy or painful.**

**Direction: Always work towards the heart or nearest drainage point.**

**Order:**

**Chest & neck (open the pathways)**

**Arms**

**Abdomen**

**Legs**

**Back**

**Remember: clear the top first, then guide the lower part up into it.**

## **STEP-BY-STEP BODY BRUSHING RITUAL**

### **1. Open the Pathways – Chest & Neck**

**This is your “turn the drain on” moment.**

**Stand comfortably, brush in one hand.**

**Place the brush in the centre of your chest.**

**Chest:**

**Make short, gentle strokes outward toward each underarm.**

**Repeat 5–7 times on each side.**

**Neck:**

**Start just under your ear and brush down toward your collarbone.**

**Repeat 5–7 times each side.**

**This step helps clear the main drainage areas so everything else can move more freely.**

### **2. Arms – Clear Top, Then Brush Up**

#### **Upper Arms & Underarms (Clear First)**

**Raise one arm slightly to expose the underarm area.**

**Brush from the top of the arm (shoulder) into the underarm using short strokes.**

**Repeat 5–7 strokes front, side, and back of the upper arm.**

**Do the same on the other arm.**

#### **Forearms & Hands (Move Up)**

**Start at the back of the hand.**

**Brush in long strokes upward towards the elbow.**

**Move around the arm (outer, inner, back) until the whole lower arm is done.**

**Continue from elbow up to the underarm, always brushing upward.**

**Repeat on the other arm.**

**Always finish each stroke by moving into the underarm, where you’ve already opened the pathway.**

### **3. Abdomen – Gentle & Clockwise**

#### **Upper Abdomen (Clear First)**

**Place the brush just below the bust line.**

**Brush upward toward the chest in small sections.**

**Work from one side across to the other.**

**Repeat 5–7 times per section.**

## **Lower Abdomen (Move Up)**

**Place the brush below the navel.**

**Brush upward towards the area you've just cleared (upper abdomen).**

**Move side to side across the lower tummy.**

**For extra support, you can finish with soft clockwise circles around the navel.**

**The abdomen should always feel gentle, almost like you're soothing, not scrubbing.**

## **4. Legs – Thighs First, Then From Feet Up**

### **Upper Thighs & Groin (Clear First)**

**Place the brush on the front of the upper thigh.**

**Brush upward into the groin crease (where your leg meets your pelvis).**

**Repeat on front, inner, and outer thigh 5-7 times each.**

**Do the same on the other leg.**

### **Lower Legs & Feet (Move Up)**

**Start at the top of the foot.**

**Brush in long strokes upward over the ankle, up the shin and calf towards the knee.**

**Move all the way around the lower leg (front, sides, back).**

**From the knee, brush upward again into the upper thigh/groin area you already opened.**

**Repeat on the other leg.**

**Avoid brushing too hard over bony areas like the shin – keep it light and gliding.**

## **5. Back – Upper First, Then Lower**

**This part doesn't have to be perfect – do what's comfortable and reachable.**

### **Upper Back (Clear First)**

**If you can reach, place the brush on the upper back/shoulder blade area.**

**Brush outward and slightly upward towards the underarms.**

**Repeat as many times as feels good.**

### **Lower Back (Move Up)**

**Place the brush on the lower back.**

**Brush upward towards the upper back where you've just cleared.**

**Work across the lower back in small sections.**

**If reaching your back is difficult, do what you can comfortably – arms, abdomen and legs alone will still be incredibly beneficial.**

## **After Brushing – What to Do Next**

### **Shower:**

**Step into a warm (or warm-to-cool) shower to rinse away loosened dead skin and support further circulation. This is the perfect time to use your Body Cup & Reset Shower Oil.**

### **Body Oil or Lotion:**

**After showering, apply your Ginger & Me body oil & perform Gua Sha routine or preferred moisturiser, using upward strokes to continue the flow**

### **Hydrate:**

**Drink a glass of water to help your body flush and hydrate from within.**

### **How Often Should You Body Brush?**

**Best: Daily or 3–5 times per week.**

**Time: 3–5 minutes is enough – it doesn't need to be long to be effective.**

**Think of it as part of your getting-ready ritual, like brushing your teeth.**

### **Important Notes for Clients**

**Avoid brushing over:**

**Broken skin, rashes, sunburn, active eczema or psoriasis patches, varicose veins, open wounds.**

**Skin may look slightly pink – this is normal. It should never be red or sore.**

**If pregnant, post-surgery, or with medical conditions, check with your doctor or practitioner first.**



**BODY BAR**

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# Body Cupping The A E Bodybar Way

## How to Use Your Body Cup in the Shower

A soothing in-shower ritual to melt tension, support lymphatic flow, and create a lighter, smoother, more sculpted body.

Your body cup works best when the skin is warm, hydrated, and slippery — making the shower the perfect place for this ritual.

Warm water softens the tissue, while the Ginger & Me Reset Shower Oil gives the cup the perfect glide. Think of this as a gentle gliding ritual, not suction therapy.

## BEFORE YOU START

- Use Ginger & Me Reset Shower Oil — this creates a silky surface so the cup can glide effortlessly.
- Pressure should feel light to moderate — never tight or painful.
- Your goal: keep the cup moving the whole time. No holding still.
- Follow the golden rule:
- Clear the top first → then glide the cup from lower areas upward into that space.

## **STEP-BY-STEP BODY CUPPING RITUAL**

### **1. Apply Shower Oil Generously**

**Before picking up your cup:**

- Warm your skin under the water for at least 30 seconds.
- Apply 3-4 pumps of Ginger & Me Reset Shower Oil into your hands.
- Massage it over the entire area you'll be cupping: arms, belly, thighs, hips, or legs.
- Add extra oil anytime your cup feels draggy — glide is essential.

Your skin should feel slippery, not sticky.

### **2. Cup the Upper Areas First (Clear the “Exit”)**

**This creates space for everything you move below to drain properly.**

**Upper Arms / Underarms**

- Place the cup lightly on the upper arm.
- Slide it toward the underarm (your drainage point).
- Repeat 5-7 smooth glides.
- Do front, side, and back of the upper arm.

**Upper Abdomen**

- Start just below the bust line.
- Glide the cup upward toward the chest.
- Repeat across the whole upper tummy in horizontal sections.

**Upper Thighs**

- Place the cup on the upper thigh.
- Glide upward into the groin crease (your body's natural drainage point).
- Repeat 5-7 times front, side, and inner thigh.

**Clearing these upper sections first is what makes the lower sections drain beautifully.**

### **3. Cup the Lower Areas, Guiding Everything Upward**

**Now that the “exit doors” are open, you can bring everything from below into that space.**

**Lower Arms**

- Start at the wrist.
- Glide the cup upward toward the underarm.
- Work your way around the whole lower arm.

**Lower Abdomen**

- Start below the belly button.
- Glide the cup upward into the upper abdomen you've already cleared.
- Avoid downward movements — keep the direction consistent and intentional.

### **Waist + Side Body**

- Start at the outer waist (“love handle” area).
- Glide downward toward the groin.
- (Your **groin nodes** are one of the body’s natural drainage points.)

### **Lower Legs**

- Start at the ankle.
- Glide the cup upward along the shin and calf into the thigh.
- Always finish in the upper thigh/groin area.

If the cup loses suction — good! That means you’re using the right gentle pressure.

### **4. Belly Cupping — The Softest, Most Important Section**

The belly holds heat, tension, emotion, and fluid — so we approach it lovingly and slowly.

How to do it:

- Apply 1 extra pump of shower oil.
- Start with gentle, clockwise circles around the navel to warm and soften the tissue.
- Glide the cup upward from the lower belly into the upper belly.
- Then sweep from the sides of the waist downward toward the groin.

Think of this like guiding a gentle tide back to shore — soft, slow, and comforting.

### **5. Hips & Outer Thighs — Sculpting + Release**

Great for smoothing, softening cellulite, and encouraging flow.

- Start at the side of the hip.
- Glide the cup down and forward into the groin crease.
- Never pull the cup upward over the hip bone — always downward and inward.
- Repeat 5–8 smooth glides.

### **6. Finish With Warm Water + Deep Breaths**

Let the warm water wash over your body as you finish:

- Stand still under the water.
- Take three slow breaths into your belly.
- Let your shoulders soften and drop.
- Rinse lightly — leave some shower oil on the skin for extra hydration.

*Your body should feel lighter, warm, smooth, and deeply relaxed.*



### How Often Should You Body Cup?

- **2-4 times per week is ideal**
- **Always follow your body — if it feels too much, slow down**
- **Pair with your Body Brushing + Gua Sha for the full Body Reset Ritual**

### Quick Tips Clients Love

- **Keep movements slow, steady, and always gliding**
- **Add more oil whenever needed**
- **It should never feel intense — softer pressure = better results**
- **The more consistent you are, the faster you'll notice changes in tone, flow, and lightness**

# Body Gua Sha

## The A E Bodybar Way

### How to Use Your Body Gua Sha

A grounding, sculpting ritual to support flow, smooth the skin and reconnect with your body.

Your Body Gua Sha works like a gentle sculpting tool — smoothing, refining, lifting, and encouraging lymphatic flow.

Think of it as softly ironing out tension and guiding the body back into fluid movement.

Ginger & Me Body Oil creates the perfect glide so the stone moves over the skin without tugging.

### BEFORE YOU BEGIN

- Skin must be clean and slightly warm (best done after a shower).
- Apply Ginger & Me Body Oil — at least one full pump per area.
- Pressure should feel light to medium, never deep.
- The Gua Sha should glide — never drag, skip or catch.
- Always follow the golden rule:
- Clear the top first → then guide everything up into it.

## STEP-BY-STEP BODY GUA SHA RITUAL

### 1. Apply Body Oil Generously

- Warm a few drops of body oil between your hands.
- Apply to:

chest

neck

arms

belly

thighs

legs

back (as reachable)

- Add more oil whenever the stone feels draggy.

Your skin should feel comfortably slick — not slippery or sticky.

### 2. Start With the Chest & Neck (Clear the Pathways)

Analogy: “Open the gates before moving the river.”

- Place the flat edge of your Gua Sha at the centre of your chest.
- Glide it outward toward the underarm, using slow, soft strokes.
- Repeat 5–7 times per side.
- Then begin at the jawline and glide down the sides of the neck into the collarbone.

Once this area is open, everything below releases more easily.

### 3. Arms — Smooth & Sculpt

Upper Arms (Clear First)

- Glide from the shoulder downward into the underarm.
- Use long, smooth strokes.
- Repeat on front, side and back of upper arm.

Lower Arms (Move Up)

- Start at the wrist.
- Glide the stone upward toward the underarm.
- Move slowly around the entire lower arm until fully covered.

You’re guiding everything toward the underarm — your main drainage point.

### 4. Abdomen — Soften, Release & Guide Upward

The belly holds fluid, emotion, and tension — this step should feel soothing, not forceful.

Upper Abdomen (Clear First)

- Place the stone just under the bust line.
- Glide upward into the chest in short, gentle sections.
- Work side-to-side across the upper tummy.

## Lower Abdomen (Move Up)

- Start below the belly button.
- Glide upward into the softened, cleared upper area.
- Move slowly and rhythmically.
- Finish with soft clockwise circles to settle the area.

Think: "Lift up, lighten, soften."

## 5. Waist & Side Body — Sculpt & Shape

- Start at the side of the waist.
- Glide the stone downward toward the groin.
- (This is one of the body's natural drainage points.)
- Repeat until the area feels warm and released.

This is beautiful for shaping and smoothing the silhouette.

## 6. Legs — Lengthen, Lighten & Lift

### Upper Thighs (Clear First)

- Place the stone on the upper thigh.
- Glide upward into the groin crease.
- Repeat front, inner, outer thigh.

### Lower Legs (Move Up)

- Start at the ankle.
- Glide the stone up the shin, calf and knee into the thigh.
- Cover the whole lower leg in long upward strokes.

Let each stroke feel like you're brushing tension out of your legs.

## 7. Back — Comfort, Not Perfection

Only do what's comfortable and reachable.

### Upper Back

- Glide from upper back toward the underarms.

### Lower Back

- Glide upward into the opened upper area.

Even minimal strokes here make a big difference.

## 8. Finish With Presence

- Place the stone down.
- Take three deep breaths, letting your shoulders drop.
- Press any remaining body oil into your skin.
- Drink a glass of water to help your body continue flowing.

Your body should feel warmer, softer, sculpted, and deeply grounded.

## HOW OFTEN SHOULD YOU USE YOUR BODY GUA SHA?

- **2-4 times per week is ideal**
- **Pair with your Body Brushing + Body Cupping for the Body Reset Ritual**
- **Do less pressure, more rhythm — this is where the magic happens**

## Quick Tips Clients Love

- **Hold the Gua Sha at a 30-45 degree angle for the smoothest glide**
- **More oil = smoother movement = better results**
- **Slow strokes activate more flow than fast ones**
- **You should never feel bruised, sore, or tender**
- **Consistency creates visible change**

