



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.



B O D Y B A R

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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



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# 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



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