

Bliss 53270

Bliss 2-in-1 Wooden Shower Brush for Back and Body - Instruction Manual

Model: 53270

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1. INTRODUCTION

The Bliss 2-in-1 Wooden Shower Brush is designed for comprehensive body care, offering both exfoliation and massage. It features natural bristles on one side for skin exfoliation and rubber nubs on the other for muscle relief. This versatile tool can be used wet or dry to enhance your skin's texture and promote overall well-being.

2. SETUP

Before first use, rinse the brush head with warm water and a mild soap. Allow it to air dry completely. This helps to soften the bristles slightly and ensures cleanliness.

Out with the Dull, In with the *Smooth!*

- + Wakes up skin
- + Smooths + softens
- + Eases tension



Image: The Bliss 2-in-1 Wooden Shower Brush, showcasing its long handle and dual-sided head.

3. OPERATING INSTRUCTIONS

3.1. Dry Brushing for Exfoliation and Circulation

For dry brushing, use the natural bristle side on dry skin before showering. Begin at your feet and brush upwards towards your heart using long, sweeping strokes. For arms, brush from hands towards the chest. This method helps to remove dead skin cells, stimulate circulation, and promote lymphatic drainage.

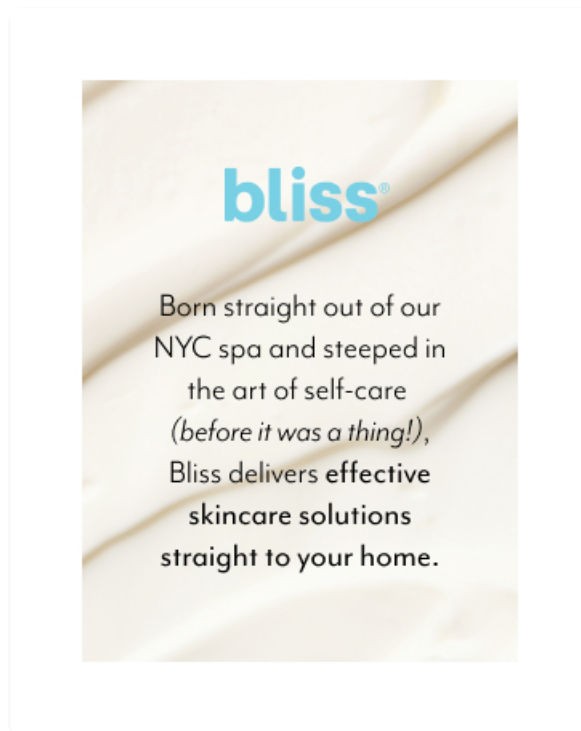


Image: A visual guide illustrating the three steps for incorporating the brush into your routine: dry brushing, massaging, and proper drying.

3.2. Wet Brushing for Cleansing and Massage

In the shower, apply your preferred body wash to the natural bristle side. Gently cleanse your body, using the long handle to reach areas like your back and legs. Flip the brush to the rubber nub side to massage sore muscles or to provide a gentle, invigorating scrub. The ergonomic handle ensures easy access to all body parts.



Image: A detailed view of the brush head, highlighting the two distinct surfaces for exfoliation and massage.

4. MAINTENANCE

4.1. Cleaning

After each wet use, rinse the brush thoroughly with warm water to remove any soap residue. For deeper cleaning, occasionally wash the bristles with a mild antibacterial soap.

4.2. Drying and Storage

Shake off excess water and hang the brush in a well-ventilated area to air dry completely. The integrated rope loop at the end of the handle facilitates easy hanging. Proper drying prevents mold and mildew growth and prolongs the life of the wooden handle and bristles. Avoid leaving the brush submerged in water or in a constantly damp environment.

5. TROUBLESHOOTING

5.1. Bristles feel too harsh

If the natural bristles feel too firm initially, soak the brush head in warm water for a few minutes before use to soften them. Over time, the bristles will naturally soften with regular use.

5.2. Wood appears discolored or damaged

Ensure the brush is thoroughly dried after each use and stored in a well-ventilated area. Prolonged exposure to moisture can affect the wood. If discoloration occurs, ensure proper drying and continued use should not be affected unless structural integrity is compromised.

6. SPECIFICATIONS

Feature	Detail
Product Dimensions	17.1 x 2.4 x 2.2 inches
Weight	7.05 ounces
Model Number	53270
Material	Wood (Handle), Natural Bristles, Rubber Nubs
Color	Wood

7. WARRANTY & SUPPORT

For any questions, concerns, or support regarding your Bliss 2-in-1 Wooden Shower Brush, please contact Bliss customer service through their official website or the retailer where the product was purchased. Specific warranty details may vary by retailer and region.