

DRY BRUSHING

Tips &
Notes:

Recommended to do right before you shower in the morning to stimulate and move the lymphatic fluid. As long as you always keep the dry brush strokes light and moving in the direction towards the heart, you'll be getting benefit. Be sure to brush gently on all sides of the body.

INSTRUCTIONS

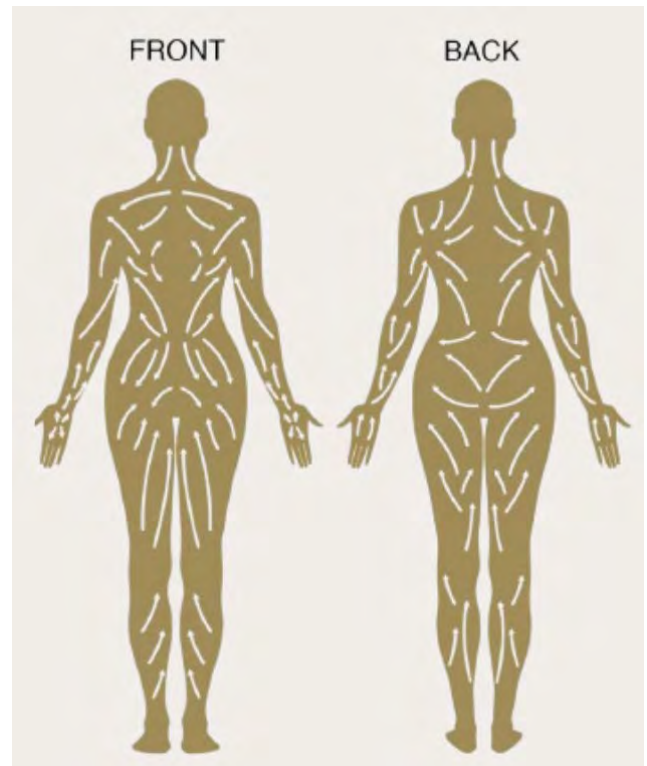
Use the dry brush for all strokes against your skin and apply very light, even pressure in long, broad, straight strokes generally towards the heart.

Pick the brush up after the stroke is complete and start again to encourage lymphatic drainage in one direction only – generally towards the heart.

Stroke 3-7 times over one area before moving on.

Upper Body

1. Raise arm above head. Stroke wrist to armpit getting the full surface of all sides of your arm.
2. Repeat on the other arm.
3. Stroke from lower back and upper shoulders towards your armpit.
4. Gently brush chest to armpits
5. Circular motions in clockwise direction on your stomach making 7 circles around your belly button
6. Stroke from middle back to armpits
7. Jawline to collarbones (can be done with brush or bare hands if brush feels too harsh on the skin)
8. Back of neck to shoulders



Lower Body

9. Knee to groin (all around your thigh until the whole upper leg is finished)
10. Ankle to knee (just like you did with the thigh)
11. Whole leg - ankle to groin in one long even movement over the whole leg.
12. Buttocks to low back
13. Repeat other leg

NOTE: Do not dry brush over wounds, skin lesions, infections or inflammations.

