



DRY BRUSHING

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.

Lower Body

1. Use the dry brush for all strokes against your skin and apply light, even pressure, moving from ankle to knee
2. You can use straight strokes towards the heart or circular movements
3. Pick the brush up after the stroke is complete and start again
4. Stroke 3-7 times in one area before moving to the next spot
5. Begin at your knee caps and stroke up towards your groin
6. Continue to move from knee cap to groin all around your thigh until the whole upper leg is finished
7. Repeat on the other thigh and buttocks (towards lower back)
8. Next, stroke from your ankle up to your knee cap just like you did with the upper thigh. Repeat on the other side
9. Now, stroke up from the ankle to your groin in one long even movement over the whole leg.

Upper Body

1. Use the same technique as the lower body
2. Raise your arm above your heart and stroke from your wrist to your armpit
3. Repeat on the other arm
4. Use the long handle brush to stroke from your lower back and upper shoulders towards your armpit.
5. Gently brush your chest towards your centerline or armpits
6. Use the brush in a clockwise direction on your stomach making 7 circles around your navel (belly button)
7. Place the brush down and use your finger tips with light pressure to stroke down your neck from your jawline to your clavicles (collar bones)