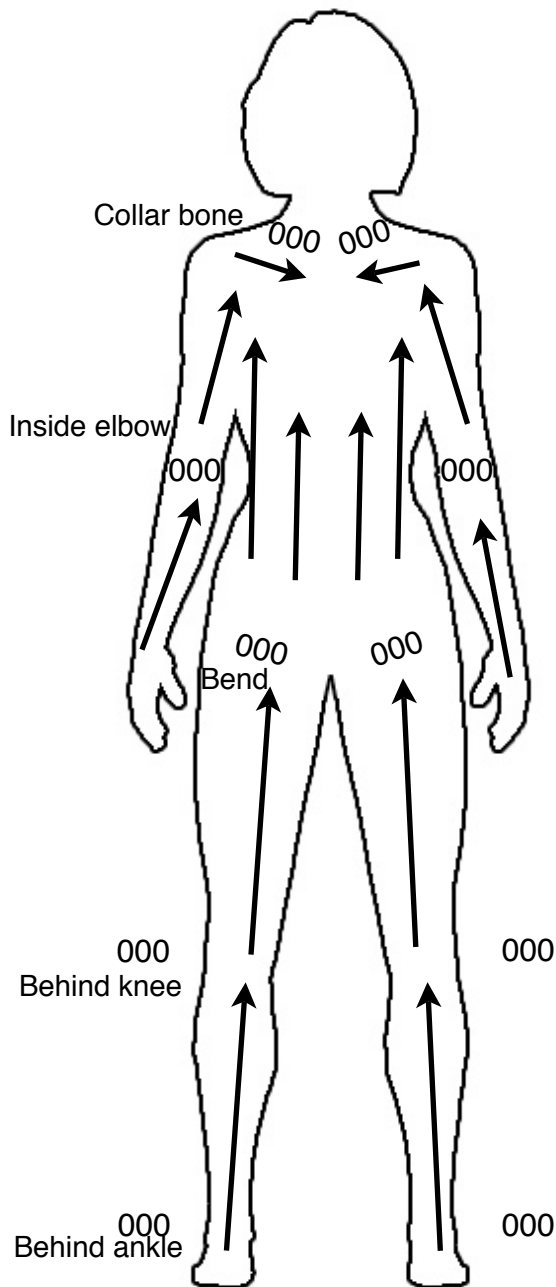


Benefits of Dry Brushing

- Supports the Integumentary System (the skin, the largest organ of the body!)
- Supports lymph movement
- Supports immune system
- Reduces the appearance of cellulite
- Removes dead skin cells
- Stimulates circulation
- Tightens skin
- Supports Detoxification



Dry Brushing Directions

1. Brush when your skin is dry and directly on your skin (not over clothing).
2. Take a shower after brushing.
3. The direction you'll be brushing is generally from outside of body towards center.
4. Brushing with short strokes and then finish that area with long strokes.
5. Do a few extra strokes at the joints of the body or where there are more lymph nodes. Areas are marked with "000"
6. Your pressure is light - just the weight of a nickel.
7. Start at your ankles and move towards knee, then knee to top of thigh.
8. Stomach is straight up.
9. Wrist to elbow.
10. Top of arm - elbow, along collar bone to clavicular notch.
11. Bottom of arm - elbow to underarm.
12. Sides of abdomen from waist to underarm.
13. Back - as much as you can reach, from waist to shoulders.
14. Shoulders to collar bone to clavicular notch (indent between collar bones).
15. After showering, apply essential oil or blends to support our goals.