



DRY BRUSHING

BENEFITS:

Removes dead layers of skin
Stimulates and increases both Lymphatic flow and blood circulation
Increases the elimination capacity of the skin
Stimulates the hormone and oil-producing glands
Rejuvenating influence on the nervous system
Helps reduce cellulite
Helps prevent colds
Contributes to a healthier muscle tone and better distribution of fat deposits
Rejuvenates the skin, making it look younger
Makes you feel better
Improves your health generally and prevents premature aging

HOW TO BODY BRUSH: Always brush toward the lymphatic ducts. Use a natural bristle brush.

Start at your feet and with a snap of your wrist brush the foot
Brush up the legs to the groin and with circular motion stimulate the groin
Brush the belly in a circular motion according to the colon flow from right to left
Brush up the sides to the underarms and with circular motion stimulate the axillary area
Bring your arm up and brush down from the hand to the underarms on both sides
Brush your chest from the center toward the armpits, skipping the nipples
Brush the upper back on either side toward the armpits
Brush the mid and lower back from the middle out
Brush the gluteals from the middle out
You can gently brush your face from the middle out, and your neck down
You can brush your scalp. It will stimulate hair growth by increasing blood circulation

Every two weeks or so, wash your brush with mild soap and water and dry it in a warm place.