

DRY SKIN BRUSHING

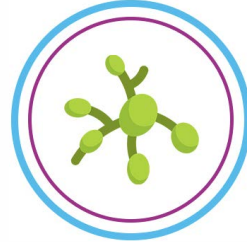
BENEFITS OF DRY SKIN BRUSHING



Detoxifies & exfoliates the skin



Stimulates the nervous system

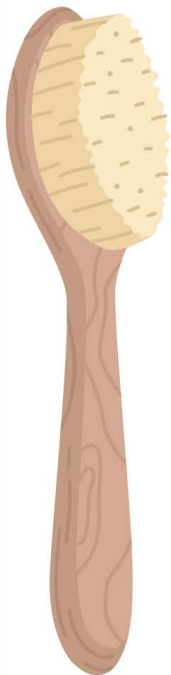


Stimulates the lymphatic system



Provides stress relief

HOW TO DO DRY SKIN BRUSHING



Using a natural bristled brush, start from the bottoms of the feet or ankles and work your way up the legs toward the heart.



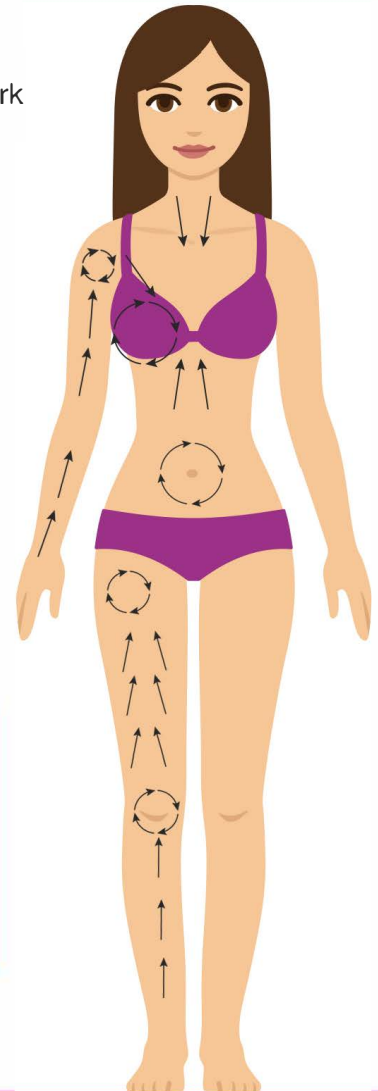
Brush your hands and arms upwards toward the heart.



Brush your torso and back upwards toward the heart.



Brush down from the neck and shoulders.



Dry brush once a day and shower immediately afterward



Since this process can be a little too much for sensitive areas lighten up the pressure as needed.



Clean your brush after each use.

