



DRY BRUSHING FOR LYMPH

Humans have been practicing lymphatic dry brushing for over 5,000 years. Evidence of bathing with sponges made of dried gourd fibers (loofah) or brushes to remove dead skin, dirt and oil, has been found throughout the ancient world, including Egypt, Greece, Scandinavia, Russia, India, Japan, China and Native America. We hope this simple and meditative technique will be a welcome addition to your self care rituals.

Regular practice of dry brushing is said to **improve skin texture** from gentle exfoliation, **detox the body** through lymphatic stimulation and increased circulation, **relieve stress** by calming the nervous system, **improve digestion** through balancing water retention, and **balance hormones** by encouraging cell renewal.

Dry brushing is best done on dry skin with no oils or lotions, and done before a bath or shower. Avoid areas where your skin is sensitive or broken. Pressure should be firm, but not so firm that you cause irritation to your skin.

Starting with the extremities and working towards the heart center, complete each step on the left side then the right side of the body. Complete each stroke six times on each side.

HAND Brush each finger individually, then the palm using a circular motion. Brush the back of the hand from the fingertips to the wrist. Brush around the wrist in both directions.

ARM Brush from the wrist to the elbow on each surface of the arm (front, back, inside, outside). Move up the arm and repeat for the area between the elbow and the shoulder.

JAW Brush from the base of the skull along the jawline and down over the collarbone.

NECK Brush at the base of the back of the neck, up over the shoulder along the base of the neck and down to just below the base of the throat.

ARMPIT Brush clockwise and then counter clockwise

BACK Reaching over the shoulder brush from the middle of the spine up over the shoulder blade.

FOOT Brush in small, vigorous circular strokes on the bottom of the feet to the toes. Brush the top of the foot from the toe to the ankle over the top, left and right sides. Brush back and forth around the ankle six times.

LEG Brush from ankle to knee on all sides of the leg six times. Repeat for the area above the knee as many strokes as needed to brush all areas of the thigh.

BUTTOCK Begin the stroke where the cheek meets the top of the thigh. Move up and over the hip to the groin.

LOWER BACK Stroke from the bottom of the spine up to the bottom of the shoulder blades, or as high as you can reach. Do this for the center, left and right sides of the lower back.

LOWER BODY For the area between the hip and the pubic bone, create small circular strokes, moving away from the center line of the body, moving out toward the side of the body.

ABDOMEN Start at the naval and move the brush clockwise in a circle that widens to include the whole stomach. Reverse from the outside, in.

SIDE Brush side from hip bone to armpit.

CHEST Brush above breast from breast bone to armpit. Brush below the breast to the sternum to armpit.

Remember to drink plenty of water to keep flushing the system after dry brushing.