

# Week 2-3: Building Healthy Habits

## Day 1-3

Get acquainted with your dry brush.

- Gently brush each area of your body for 2-3 minutes, using upward strokes towards your heart. Focus on arms, legs, abdomen, and buttocks.
- Spend 5 minutes using the fascia blaster on cellulite-prone areas.

## Day 4-5

Incorporate both dry brushing and the fascia blaster into your routine.

- Add your back and torso to the dry brushing routine.
- Begin with dry brushing for 5 minutes and follow up with 5 minutes of fascia blasting

## Day 6

Rest day. Take a break from dry brushing and fascia blasting to allow your skin to recover.

## Day 7

Repeat the 5-minute dry brushing and fascia blasting combination. By now, you should be comfortable with the routine.

## Day 8-10

Increase the intensity slightly for both dry brushing and fascia blasting. Continue with 5 minutes of each.

## Day 11-12

Add a coffee scrub routine. Apply it after a warm shower, focusing on cellulite-prone areas. Use a firm but gentle touch. Rinse, pat your skin dry, and apply moisturizer.

## Day 13

Rest day. Take a break from dry brushing, fascia blasting, and self-massage to allow your skin to recover.

## Day 14

Combine all techniques from dry brushing, fascia blasting, and self-massage. By now, you've developed a well-rounded routine that can contribute to smoother skin and potentially reduce cellulite.