

THE DRY BRUSH GUIDE

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STIMULATE & AWAKEN

Use your fingertips to gently massage the lymph nodes in your neck, armpits, thighs and behind your knees (the major “hinges” of your body). This step prepares your lymph nodes to receive and dispose of the fluid we’ll be moving.

Practice diaphragmatic breathing (i.e. deep belly breathing) as you massage and do 5-10 strokes on each area. Make sure to use a light touch! Your lymph nodes are located close to the surface, so there’s no need to use intense pressure. Gentle is best.

Split your fingers into a ‘V’ shape and place them between your ears. Gently massage, stroking downward to the base of your neck. Next, massage the area above the collarbone, moving downward toward the super clavicular lymph nodes.

Move to your underarms, where your axillary lymph nodes are located. Place your hand in your armpit and use your fingertips to massage this area. Fluid from your arms, chest and breast area will be moved to these lymph nodes.

Move to your bikini line, where your inguinal lymph nodes are located, and massage with gentle motions. Then massage the popliteal lymph nodes behind your knees. Fluid from your legs will be moved up to these lymph nodes.

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DRY BRUSH

Now that you’ve “awakened” your lymph nodes, you’re ready for your dry brushing ritual. Start with completely dry skin, before a bath or shower, and always brush in long rhythmic strokes to move fluid toward your lymph nodes. Aim for 5-10 strokes per area.

ARMS:

Starting at the elbow crease, brush the upper arm in long rhythmic strokes, working upward toward the axillary lymph nodes in your armpit. Brush the inside and outside of your upper arm. Move to your lower arm. Dry brush the top of your hand and wrist all the way up to your armpit.

CHEST:

Dry brush from the center of your chest to your armpit, then underneath the chest towards the armpit. (You can use the Facial Dry Brush or Body Brush here. If you use the Body Brush, make sure to use extra-gentle pressure.)

WAIST & STOMACH:

Brush from the side of your waist up to your armpit, then from behind your torso to the front of your body. Dry brush your abdominal area in gentle circular motions, working clockwise to help promote digestion.

LEGS:

Start at the front of your thighs, at your kneecap, and brush upwards toward the inguinal lymph nodes. Move to the back of your thighs and dry brush upward (place your foot on a chair or stepstool if needed). Move to your lower legs and brush from ankle to kneecap. Don’t forget to brush the top of your foot too! Repeat on both sides of your body. You can perform a complete ritual in just 3-5 minutes.

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SHOWER

After your dry brushing ritual, shower to remove the dead skin that’s been exfoliated.

- Consult your healthcare practitioner before use if pregnant.
- Keep out of reach of children.
- These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.