

THE BODY SCULPTOR GUIDE

1

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.

2

HYDRATE

Apply Lift & Tone Body Cream to moisturize, promote detox flow and help your Body Tool glide over skin smoothly.

Layer on your favorite de la heart body oil for extra nourishment and glide.

Re-apply body oil as needed during your lymphatic drainage massage ritual.

THE BODY SCULPTOR GUIDE

3

SCULPT & DRAIN

Now you're ready for your lymphatic drainage massage ritual. This ritual helps move fluid to your lymph nodes, which supports your body's natural detox flow, promotes a healthy immune system, and helps you achieve a more toned and sculpted body contour.

Make sure to practice diaphragmatic breathing (i.e. deep belly breathing) as you massage, and do 5-10 strokes on each area on both sides of your body. Ready to get started? Grab your Body Sculptor!

ARMS:

Holding your Body Sculptor in a vertical position, glide the tool from the crease of your elbow up to your armpit, working toward your axillary lymph nodes. Move to your lower arm and glide the tool from your wrist to your elbow, then all the way from wrist to armpit.

CHEST:

Gently glide your tool from the center of your chest to your armpit, then underneath the chest towards the armpit. Fluid from your breasts drains to these lymph nodes, so use gentle nurturing pressure in this area.

WAIST & STOMACH:

Hold your tool in a vertical position and glide it from the side of your waist up to your armpit, then from behind your torso to the front of your body. Glide your tool over your abdominal area in gentle circular motions, working clockwise to help promote digestion and decrease the look of bloating.

THIGHS:

Holding the tool in a horizontal position, start above your knee and gently stroke upward toward your bikini line area (where your inguinal lymph nodes are located). Massage the back of your thighs by holding the tool in a vertical position and gently stroking upward until you reach the gluteal fold. We recommend using a stepstool or a chair for easier reach.

Finish your ritual with diaphragmatic breathing to help move lymph fluid through your thoracic duct. Make sure to hydrate by drinking plenty of water, and make space for mindful movement to further support lymph flow.

- 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.