

THE FACIAL DRY BRUSH GUIDE

1

STIMULATE & AWAKEN

Use your fingertips to gently massage the lymph nodes in your neck. 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.

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.

3

DRY BRUSH

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

NECK:

Brush in gentle downward motions to move fluid towards your super clavicular lymph nodes.

JAWLINE & CHEEK BONES:

Brush from the center of your chin, along your jawline, toward your ears. Now move your brush up slightly and brush over your cheekbones, working upward and outward. Repeat on both sides.

FOREHEAD:

Brush from the bridge of your nose up to your forehead. Then, starting in the center of your forehead, brush up, out, and down the neck towards the super clavicular lymph nodes. Repeat on each side.

UNDEREYES:

Use extra-gentle pressure to brush your undereye area, moving from your nose to your temples.

We recommend cleaning your brush weekly with non-toxic soap, then letting it dry thoroughly.

- Always make sure to check your tool for any chips or breakage before use.
 - 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.