

Dry Brushing 101

Dry brushing is a technique that gently supports your body's natural detoxification pathways, improves skin health, and feels amazing. A great time to brush is right before you shower (do not brush once your skin is wet).

1. Begin at neck, work towards hands & feet, always brushing towards your heart.

Find a brush with soft bristles and a handle to reach your back.



3. Brush your abdomen and lower back in a clockwise direction.

2. Spend extra time brushing your neck, armpits, and groin—there are a lot of lymph nodes in these areas.

This means smoother, healthier skin.

BENEFITS

- improves circulation
- stimulates lymph flow
- reduces cellulite development
- clears pores
- sheds dead skin cells
- benefits detoxification
- supports digestion
- relieves stress
- feels amazing