

Tips for Dry Brushing:

- Always dry brush your **dry and naked body BEFORE** you shower or bathe because you will want to wash off the impurities from the skin as a result from the brushing action.
- **You can do the brushing head-to-toe or toe-to-head.** It really doesn't matter as long as the entire body is brushed and you stroke **TOWARDS YOUR HEART**. Long sweeping strokes starting from the bottom of your feet upwards, and from the hands towards the shoulders, and on the torso in an upward direction help drain the lymph back to your heart.

***Note:** Stroking away from your heart puts extra pressure on the valves within the veins and lymph vessels and can cause ruptured vessels and varicose veins.*

- **Use light pressure** in areas where the skin is thin and harder pressure on places like the soles of the feet.

