



Activity

Dry Skin Brushing

Because this activity is gently stimulating, we recommend you perform it in the morning before a shower or bath. Always brush in the general direction towards the heart. This is against the one-way flow of the lymphatic system to encourage drainage.

1. Starting on the left side, begin to brush the bottom of the left foot for a few strokes. Work up the leg in long, smooth strokes about 10 times per section. Then brush the right lower limbs (same as the left).
2. Once you are finished with both legs, brush the pelvic crease.
3. Repeat the same process from left to right and about 10 strokes per section with the arms, starting with the palms of the hands and brushing up the arm toward the heart.
4. On the stomach and armpits, brush in a circular clockwise motion.
5. Bathe or shower.
6. Moisturize!

Note: Be gentle! A soft and smooth stroke often works best. Avoid any areas where the skin is irritated or broken.