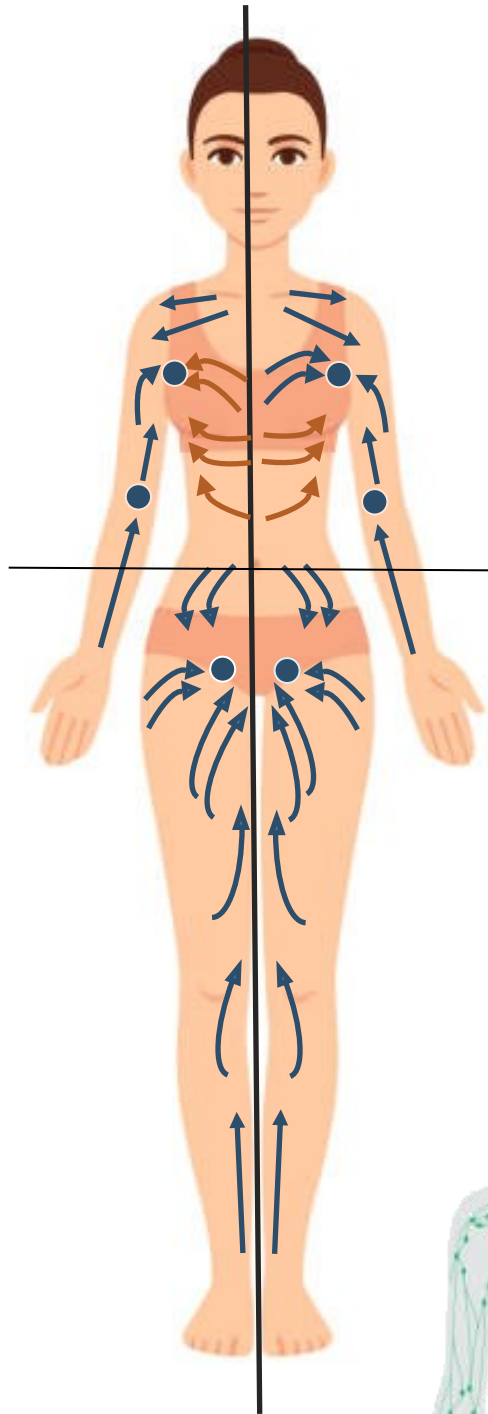


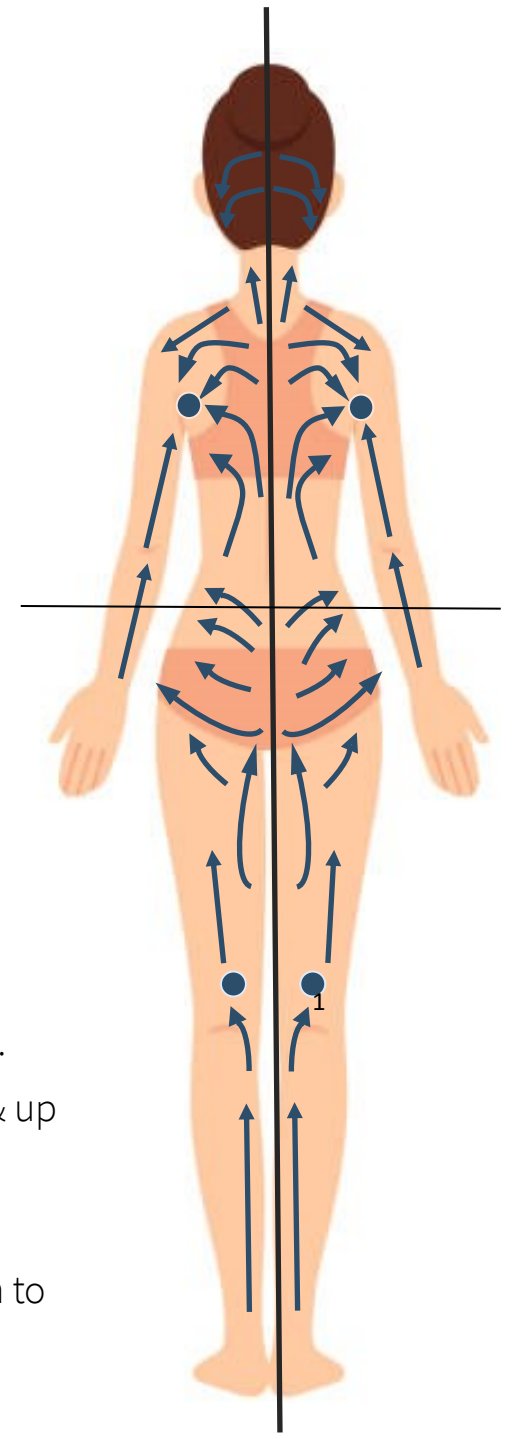
DRY BRUSHING

Using small gentle strokes. always move lymph towards the heart.



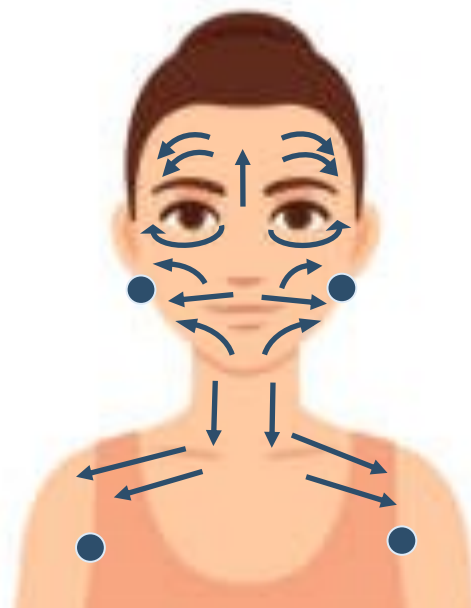
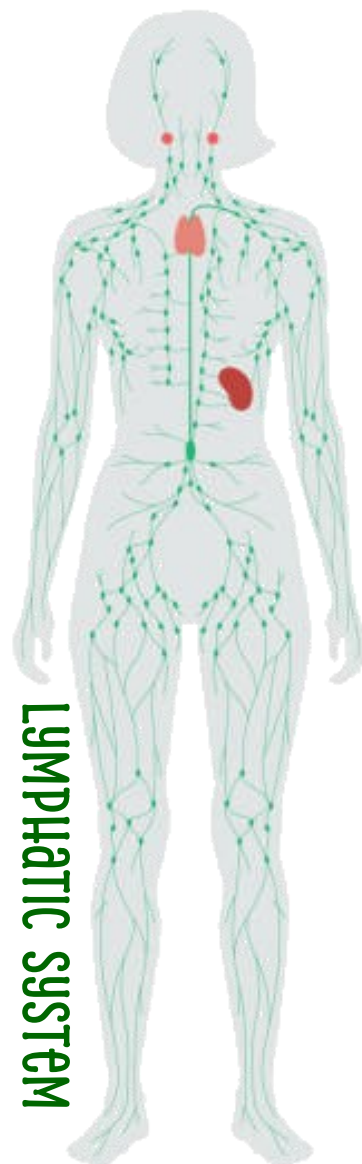
Upper Body

- Start at the belly button & push up & out.
- Move to rib cage & chest, pushing up & out toward armpit.
- Next move to shoulder, front & back, pull toward armpit.
- Using short strokes, brush the upper arm up to armpit.
- From the wrist, brush up the forearm toward armpit.
- Brush from the hand up towards forearm.
- Lastly, brush the whole arm from hand, forearm, upper arm & shoulder to the armpit.



Lower Body

- Start below the belly button pushing toward the groin.
- Reach around to your glutes & pull forward to groin.
- Working on upper leg, front & back push toward the groin.
- Next, move to the lower leg & lymph nodes behind knee & up toward groin.
- Lastly, from top & bottom of the foot toward the groin.
- Brush the whole leg starting at the feet, to the lower leg on to the upper leg all toward the groin.



Face

- Start by 'activating' the collar bone with small circles.
- Next, just below the chin, gently rub down the neck to collarbone.
- Move to the jaw bone, pushing out towards the ears & down the neck.
- Light strokes above the lips out toward ears.
- Gently brush under eyes towards each ear.
- Up the nose, forehead out, down to jawline, down neck to collarbone.