

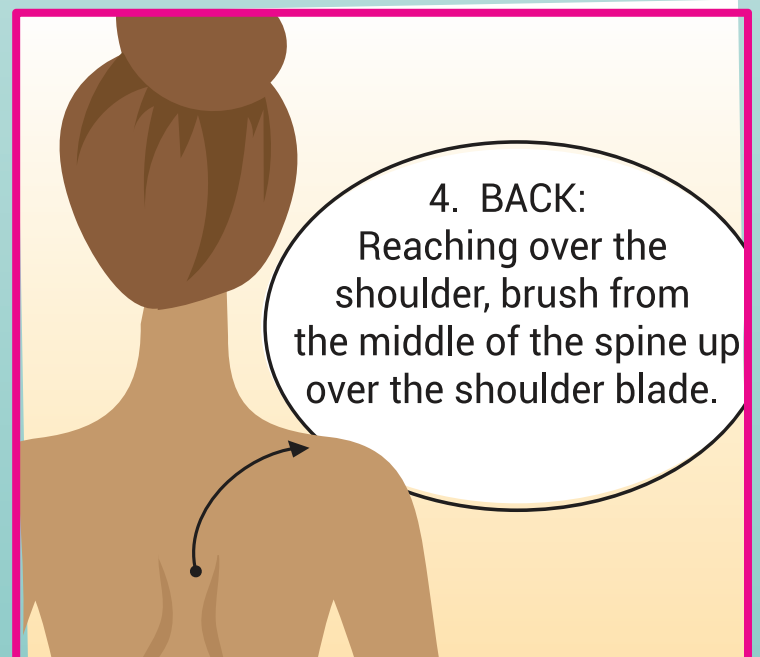
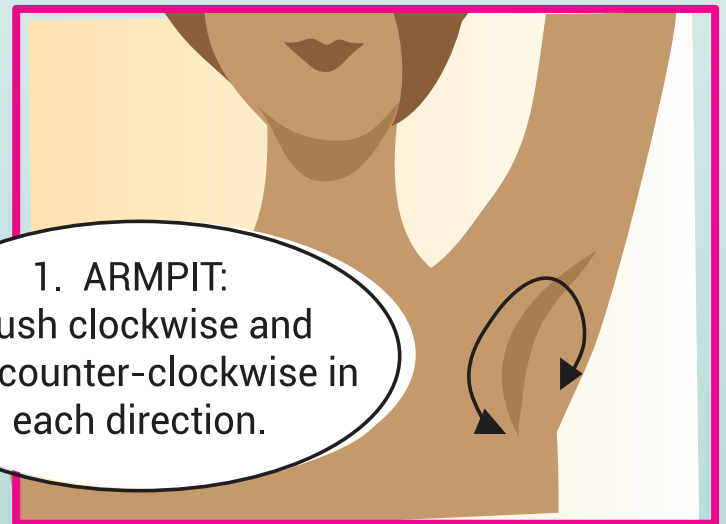
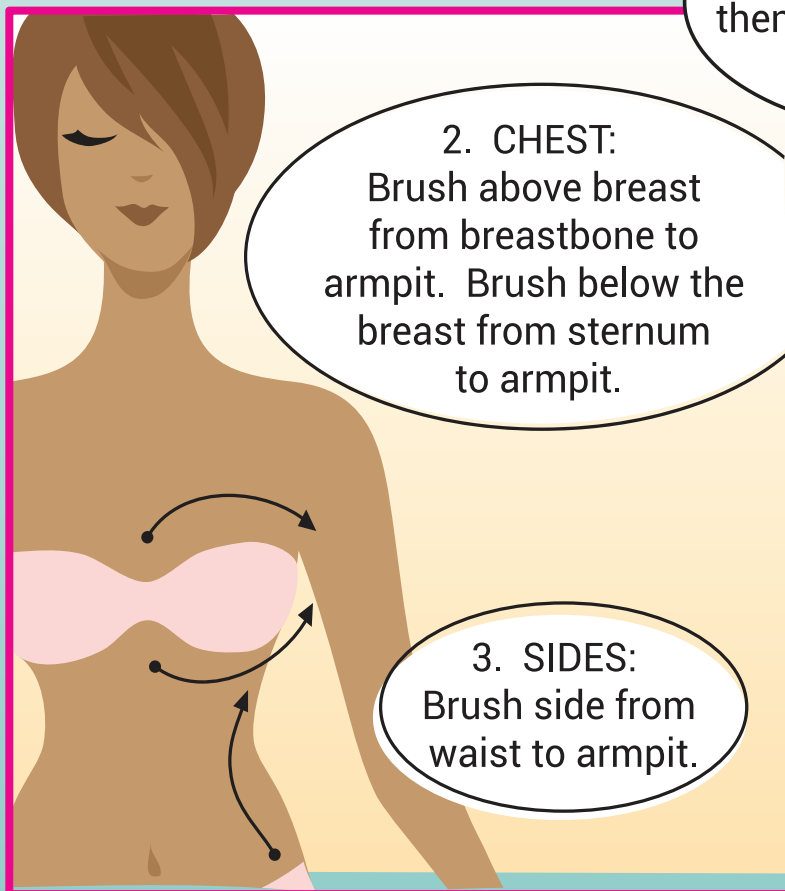
DRY SKIN BRUSHING DIRECTIONS

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General Instructions: A dry-skin brush can be found at most home stores. As the name suggests, it should always be used DRY. Ideally, use it in the morning, before showering, while standing in the shower. However, it can be done at any time of the day. Brush every morning 2 - 7 days per week for maximum benefit. Brush firmly but not hard enough to break skin. Avoid open sores, skin conditions such as eczema, and varicose veins. Wash and air dry your brush once a week.

Complete each step on the left side of your body and then the right side. Complete each stroke **SIX TIMES** on each side.





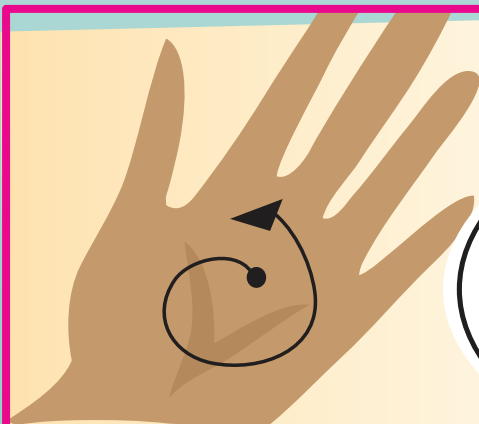
5. NECK:

Begin stroke at the base of the back of the neck. Brush up and over shoulder along the base of the neck and down to just below the base of the throat.



6. JAW:

Brush from the base of the skull along jawline and down over the collar bone.

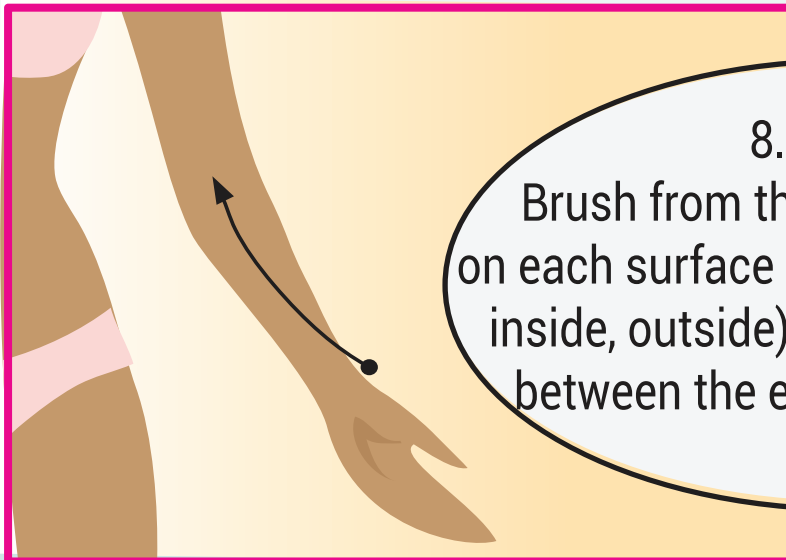


7. HANDS:

Brush each finger from side to side. Brush the palm with a circular motion. Brush the back of the hand from fingertips to wrist. Brush all the way around the wrist, both directions.

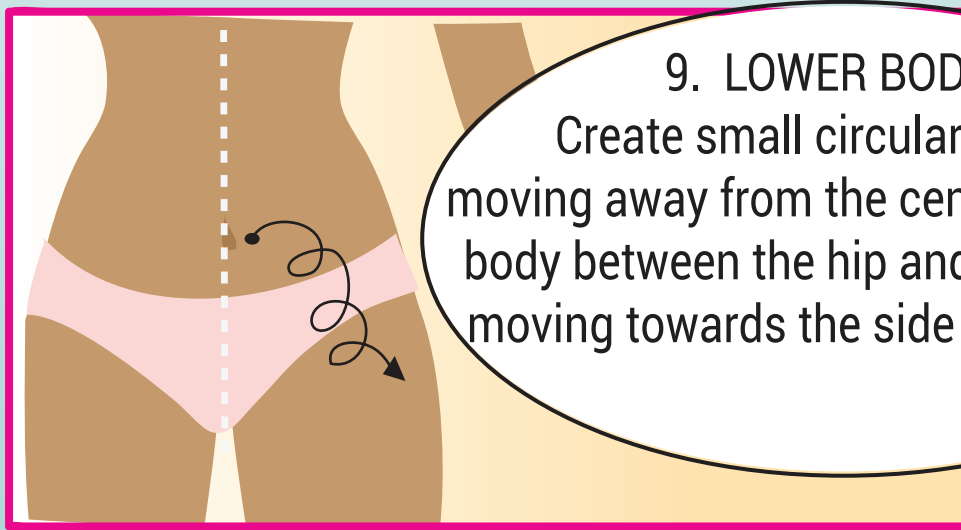
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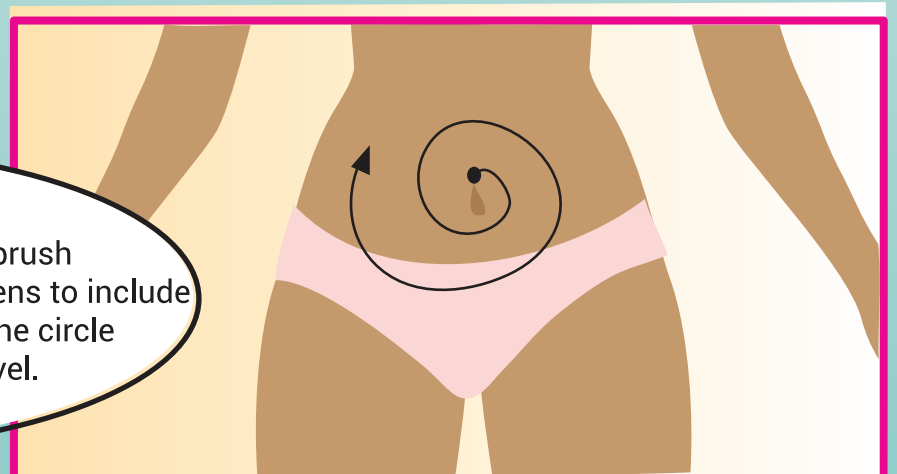
8. ARMS:

Brush from the wrist to the elbow on each surface of the arm (front, back, inside, outside). Repeat for the area between the elbow and shoulder.



9. LOWER BODY:

Create small circular strokes moving away from the center line of the body between the hip and pubic bone, moving towards the side of the body.

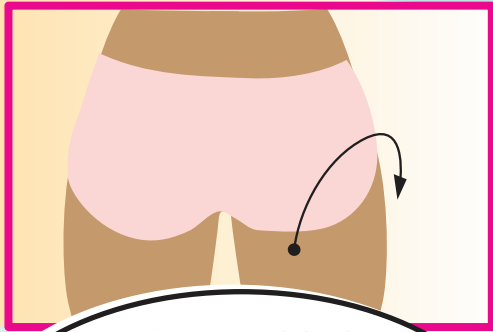


10. ABDOMEN:

Start at the navel and move the brush clockwise in a circle that eventually widens to include the whole stomach area. Reverse the circle moving inward back to the navel.

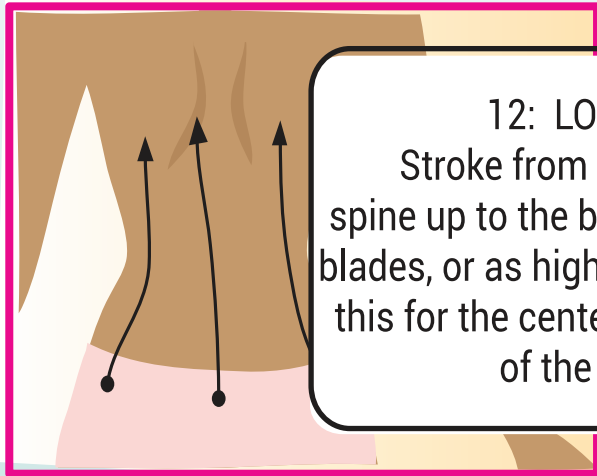
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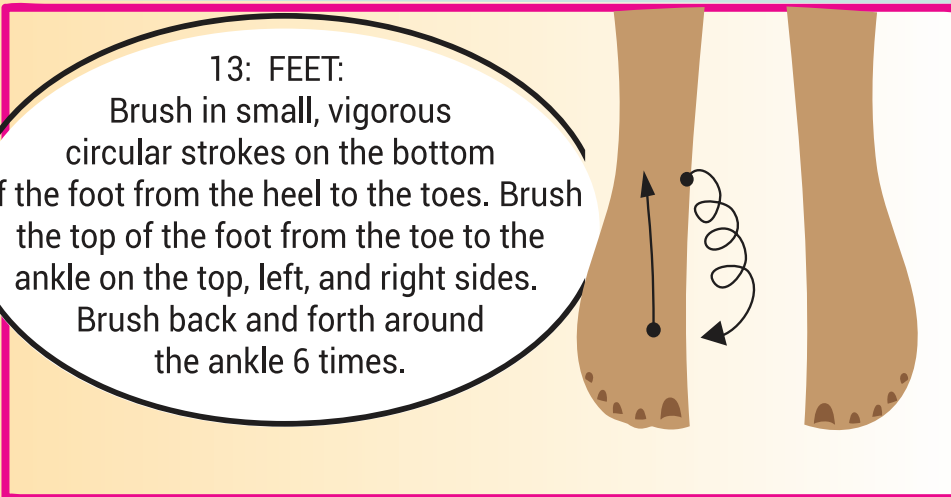
11. BUTTOCKS:

Begin the stroke where your buttocks meet the top of your thigh. Move up and over the hip to the groin.



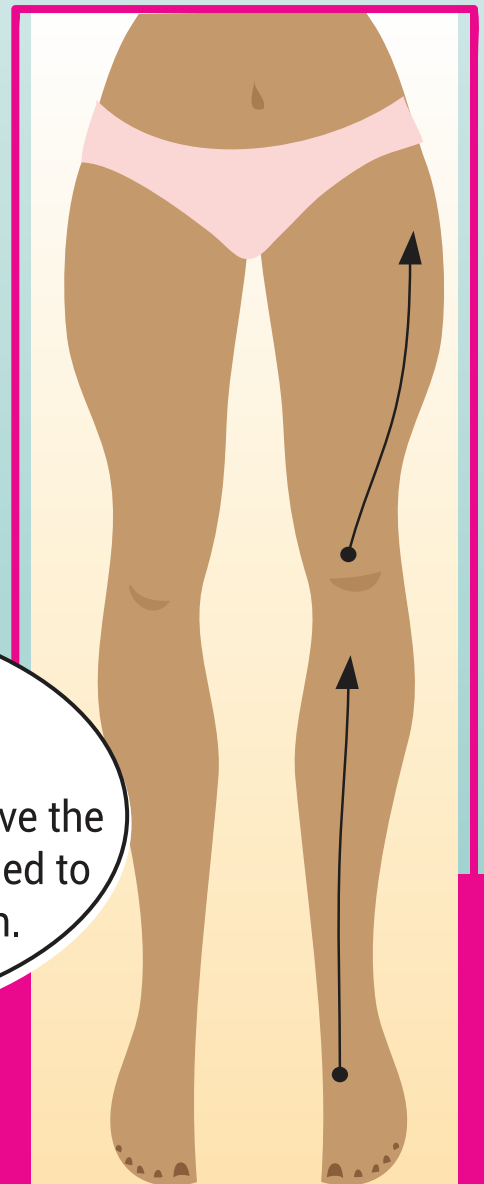
12. LOWER BACK:

Stroke from the bottom of the spine up to the bottom of the shoulder blades, or as high as you can reach. Do this for the center, left, and right sides of the lower back.



13. FEET:

Brush in small, vigorous circular strokes on the bottom of the foot from the heel to the toes. Brush the top of the foot from the toe to the ankle on the top, left, and right sides. Brush back and forth around the ankle 6 times.



14. LEGS:

Brush from ankle to knee on all sides of leg 6 times. Repeat for the area above the knee as many strokes as needed to brush all areas of the thigh.

See a live skin-brushing demonstration and get more information at GreenSmoothieGirl.com/skinbrush101.