

Dry Skin Brushing Instructions – Lymph Drainage Specific

Your skin is alive, and is your body's largest multifunctional organ. Skin brushing supports you in eliminating excess wastes by stimulating the lymph vessels to move more fluids and cellular wastes.

Dry skin brushing improves health, stimulates the lymph system and increases blood circulation in underlying tissues. It stimulates oil- and hormone-producing glands by opening pores, allowing the skin to breathe freely and still retain its natural oils, leaving your skin soft and glowing. Brushing increases pore activity, promoting toxin and uric acid removal. It also contributes to better elimination of fat deposits such as cellulite. Brushing is rejuvenating and powerfully affects the nervous system by awakening the nerve endings in your skin. It can be done in less than 10 minutes.

Brush before or after your shower or bath, sauna, hot tub, or swim. Any time of day is good! Successful skin brushing is done by breathing deep, in and out from your belly, so your diaphragm can help to pump the lymph fluids. Use a light pressure- just enough to stretch the skin. When the skin becomes a pinkish hue this is a good sign of increased circulation. Lighter is better to move lymph fluid. *NOTE: (S) indicates a good place to use a "Sonic" skin care device.*

1. **(S)** Begin by lightly brushing downward, at the base of the front of your neck, above your collarbone. This will stimulate your lymphatic connection to your blood supply.
2. **(S)** Next move to brushing your right ****underarm**** with a pumping motion. The underarms have a large number of lymph nodes and it is good to stimulate these.
3. From there, brush your shoulder and upper arm toward your armpit.
4. Next, brush your lower arm and hand up toward your underarm.
5. **(S) Repeat on the left ****underarm**** and arm.**
6. To stimulate chest and breast circulation, brush the chest and upper back, again, toward the underarm. All the ribs can be brushed outward, toward the underarms.
7. *These steps will have taken only a few minutes; you are halfway done!*

8. **Now take some SSSLOOWW DDEEEPPP BREATHSSSS, or use the 12-breaths technique.**
9. **(S)** Next compress the nodes in the ****groin**** (where the belly meets the top of the thigh).
10. This is where it gets confusing: brush the low back and belly (below your waistline) downward, toward your groin area. This is not intuitive to most people, but that is the direction that the lymph in your skin flows. See the diagram on the next page.
11. Next, brush your right hip and right buttocks, starting where your leg meets your abdomen - always brushing toward your groin area. This is another area that houses many lymph nodes.
12. Next, brush your right thigh with upward movements, toward your front panty line.
13. Next, the right knee, lower leg and your foot are brushed upward.
14. **(S) Repeat on the left leg, starting from the ****groin****.**
15. **(S) Optional:** if you have a slightly softer brush, you can also brush your neck and face. The neck is brushed down toward the collarbones. Pay special attention to brushing under the ear lobes. The face and under the chin are both brushed toward the ear lobes.

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Dry skin brush should be part of your daily routine. Soon you will be a pro and find yourself automatically reaching for the brush before your shower or bath. If you enjoy using essential oils, you can rub them on your abdomen after you brush and bathe each day. Cypress is a good essential oil to promote lymph health, but please do a skin test first to verify you do not have any sensitivity. Your skin will truly enjoy the few extra minutes of love and attention you are giving yourself.

To cleanse and purify your brush, rinse with water and a drop of mild soap, or wipe down with witch hazel and a clean smooth cotton cloth. To dry, leave brush in the sun or on top of your clothes dryer.

If you do not have a brush, you can use a dry wash cloth. You could also use a “sonic” skin care device with micro-vibrations in the same manner.

