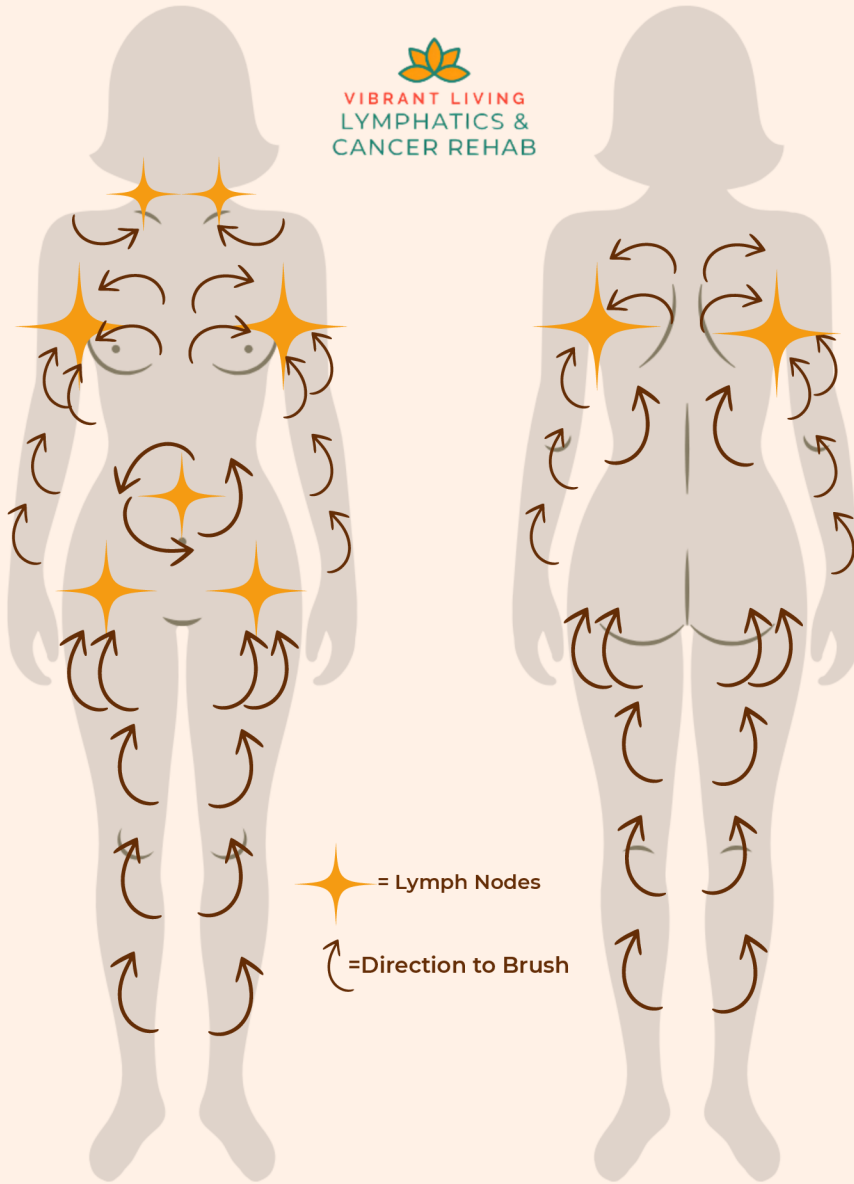




# How to Dry Brush

By: **VIBRANT LIVING**  
**LYMPHATICS & CANCER REHAB**






  
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## How to Complete:

1. Start on completely dry skin using very light strokes
2. Always brush TOWARDS the heart, never away
3. Begin at the neck, then abdomen
4. Start at fingers & move up arm to armpit
5. Start at toes & move up leg to groin
6. End by taking long & deep breaths
7. Start SLOW (1-2x/week, then progress to 2-3x/week)

## Benefits:

-  Stimulates Lymph Flow
-  Improves Circulation
-  Reduces Cellulite
-  Relives Stress
-  Makes Skin Softer

## Warnings:

- Do not complete if you have any type of infection
- Do not overdo it!
- Do not brush hard/rough
- Clean brush frequently



Scan for  
more info!