

RUTLAND INTEGRATIVE HEALTH

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Dry Lymph Brushing

Purpose:

- To open the pores of the skin and aid in detoxification
- To increase lymph flow, which helps cleanse our blood

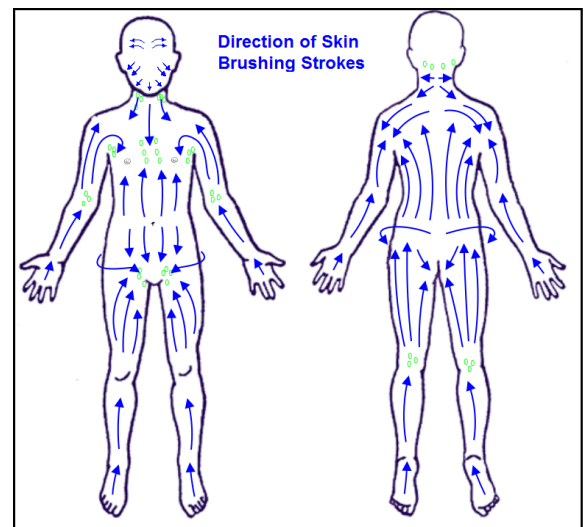
Benefits:

- Exfoliates the skin
- Removes dead skin layers that block pores
- Increases circulation and elimination of waste
- Stimulates lymphatic system
- Strengthens the immune system
- Helps digestion



How To:

- Use a natural bristle lymph brush that you keep dry
- The body should be dry-best to do before showering
- Use long gentle but firm strokes always in the same direction- towards the **HEART** for the upper body and towards the **THIGH CREASE** for lower body
- Start at your hands and brush up your arm towards your arm pits
- Brush along the top of your chest towards the center of your body
- Brush around the breasts (starting under the arm pit and wrap towards the middle of your body and up to the center)
- Brush from the bottom of your head down your neck
- Brush from your belly button up towards your heart
- Brush below the belly button down towards the crease of your thighs
- Brush up your back and buttocks
- Brush around your upper thighs towards the crease of your thighs
- Brush from your feet up both legs towards the crease of your thighs
- Rinse the lymph brush, to allow to dry for next use, and jump in the shower!



Video: <https://www.youtube.com/watch?v=GpLKZQUADws>

