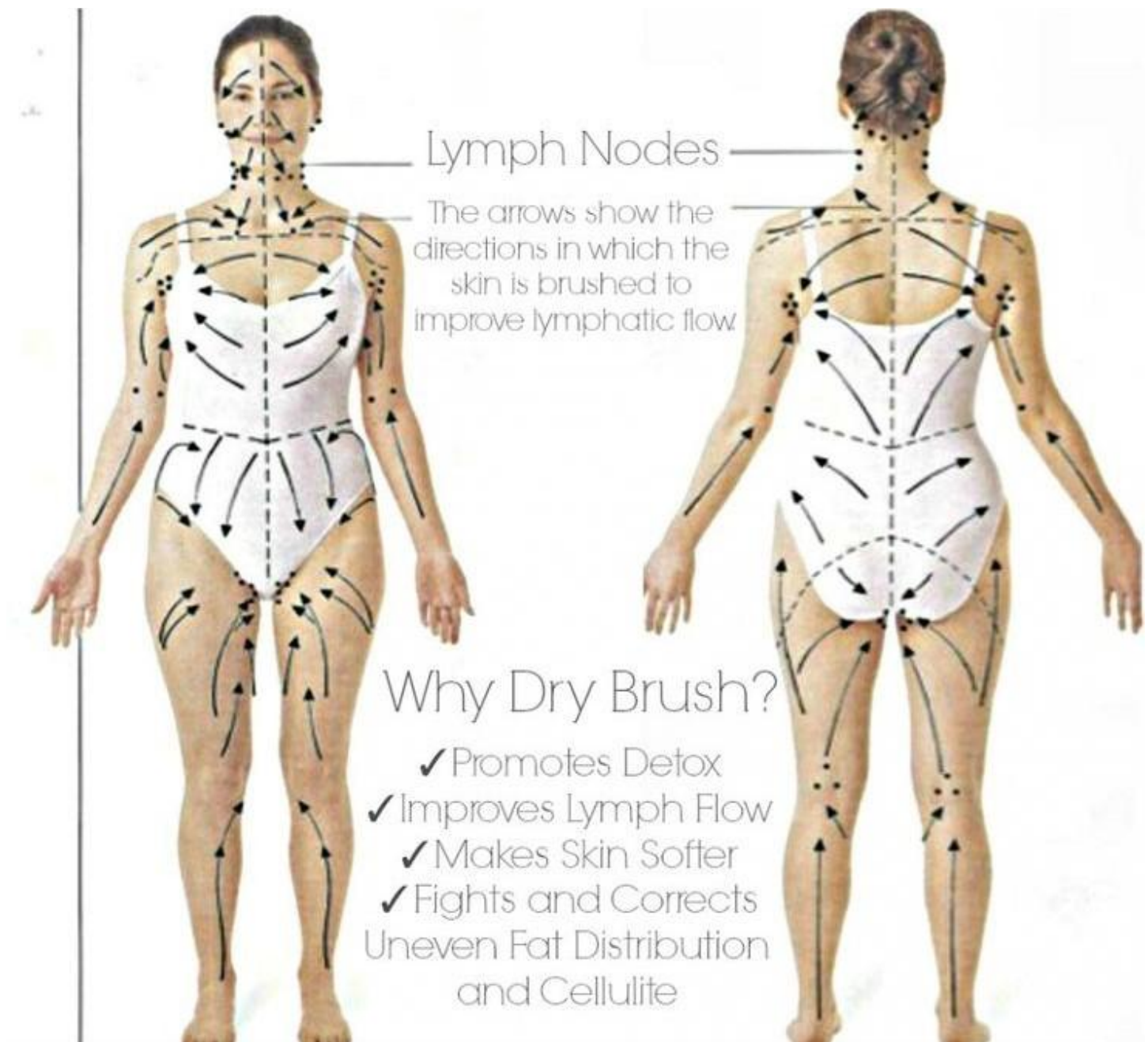


Body Brushing Guide



Don't forget to start on the bottoms of your feet, then top of your feet, as you move up your body; then the palms and back of your hands too, as you move up your arms towards your heart and down to your core...these are important areas to begin with the lymphatic draining from body brushing.

For more information, and resources on where to buy the best dry brush, visit www.JamieSossamon.com