

# Dry Skin Brushing Technique For Lymphatic Health

## Tips

- Stroll
- Sprint
- Skip
- Frisbee
- Hoop
- Climb
- Jump
- Dance
- Sweat
- Stretch
- Swim
- Skate
- Yoga
- Swing
- Qi-Gong

# Play!

The lymphatic system moves uphill without a pump, so it depends on breathe and muscular movement. The body is designed to move. Playful movement that is goal-free and enjoyable is an excellent way to decrease stress, increase vitality and support happy lymph.

# Breathe!

- Breath is the gift of life, irrigating our bodies with health.
- Welcome the breath in by breathing deeply and slowly.
- Send breath to places that feel stuck and stagnant inside.
- Release the breath with gratitude.
- Practice breathing deeply when faced with difficult situations as well as in joyous moments.

# Nourish!

- Organic
- Fresh & Local
- Healthy Fats
- GMO-Free
- Free Range/Grass-Fed
- Hormone Free
- Whole Foods
- H2O

# Rest!

- **Break Time!** Take breaks from intense activities to stretch, relax the eyes and hydrate your body.
  - **Nap Time!** Take a siesta; stop for at least 20 minutes each afternoon to support proper digestion, assimilation, and absorption of nutrients.
  - **Bed Time!** Regular quality sleep is imperative to detox and rejuvenation of body systems.
  - **Down Time!** Take one day each week for restorative activities such as laying in a hammock, taking a stroll, having a picnic, taking a relaxing bath, treating yourself to a massage, singing and smelling the roses.
- I am willing to change.
  - I lovingly allow joy to flow through my experience.
  - I love my body through all of my cycles.
  - I am at peace with the process of life.
  - I relax and release all that is unlike love.
  - I release the past with ease.

# Affirm!



*This information is not intended to substitute for informed medical advice, nor is it intended to treat, diagnose, cure or prevent disease. These statements have not been evaluated by the FDA.*

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# Dry Skin Brushing Technique For Lymphatic Health

## Tips

Use exfoliating gloves on dry skin before showering. First, open up the major node areas with a few gentle massage strokes, stretching and then releasing the skin so that it can spring back each time.

If in a rush, simply use short, gentle strokes beginning close to the collar bone and gradually making longer strokes from further and further away, with the intention of directing the fluid layer of the body towards the front of the body and towards the collarbone.

After dry brushing, massage with warm organic sesame or coconut oil, and then bathe, to nourish, calm, and detox the the skin.

Use the least amount of soap possible. Remove the oil with a damp warm cloth. Remoisturize after bathing with an organic oil if desired.

## The Neck

TARGET :  
*The Collar Bone*

- 1 In a series of gentle strokes, stretch the skin from the back of the scalp, the neck, the shoulders, and behind the ears, forward and down toward collarbone, releasing each time.
- 2 Gently massage the skin from the sternum towards the collarbone in a series of upward strokes, releasing contact each time.

Calms the nervous system.

Improves digestion and kidney function.

Detoxifies & tonifies skin through exfoliation.

Increases circulation & reduces cellulite.

Stimulates lymphatic & immune function.

## The Upper Body

TARGET : *The Underarms*

- 1 Raise the arm. In a series of gentle strokes, stretch the skin towards the armpit and release.
- 2 Repeat strokes forward from shoulder blade towards the armpit. Repeat strokes from top of breast towards the armpit.
- 3 Repeat strokes from below the breast towards the armpit.
- 4 Repeat strokes up the arm, first from the shoulder, then gradually from further points on the back of the arm, elbow, and wrist, in forward motions towards the armpit or the bottom of the sternum.
- 5 Repeat strokes from the waistline, both front and back, directing all strokes towards the armpit.
- 6 Repeat on opposite side.

## The Lower Body

TARGET : *The Leg/Hip Crease*

- 1 In a series of gentle strokes, stretch the skin from the waistline down towards the leg crease, releasing each time.
- 2 Repeat strokes from the lower back towards the front leg crease.
- 3 Repeat strokes from behind the back thighs around towards the leg crease, releasing each time, gradually from lower points on the back of the thighs, knees, calves and ankles, in forward, upward motions.
- 4 Repeat on opposite side.