

DRY BRUSH

Why:

- improve circulation
- stimulate and cleanse the lymphatic system
- smooth and tighten the skin
- exfoliate for better health of the skin

When:

Doing the dry brush practice before your shower or bath at least 3-4 times a week supports the entire body inside and out.

After shower or bath:

Lubricate the skin with the highest quality pure ingredients. The skin is the largest organ. Everything that you put on the surface, enters the body.

DIY FIRMING OIL

apply after shower or bath

4 ounces Fractionated Coconut Oil

Essential oils:

- 5 juniper
- 5 lavender
- 5 rose geranium
- 5 grapefruit

Add ingredients to a glass or quality plastic bottle. Massage into damp skin after shower or bath.

RESOURCES

Dry Body Brush for lymphatic massage, plastic free:

[amazon.com](https://www.amazon.com) [bedbathbeyond.com](https://www.bedbathbeyond.com)

Essential Oils:

Planet Therapy - you can purchase direct. These are high quality oils

[planettherapy.com](https://www.planettherapy.com)