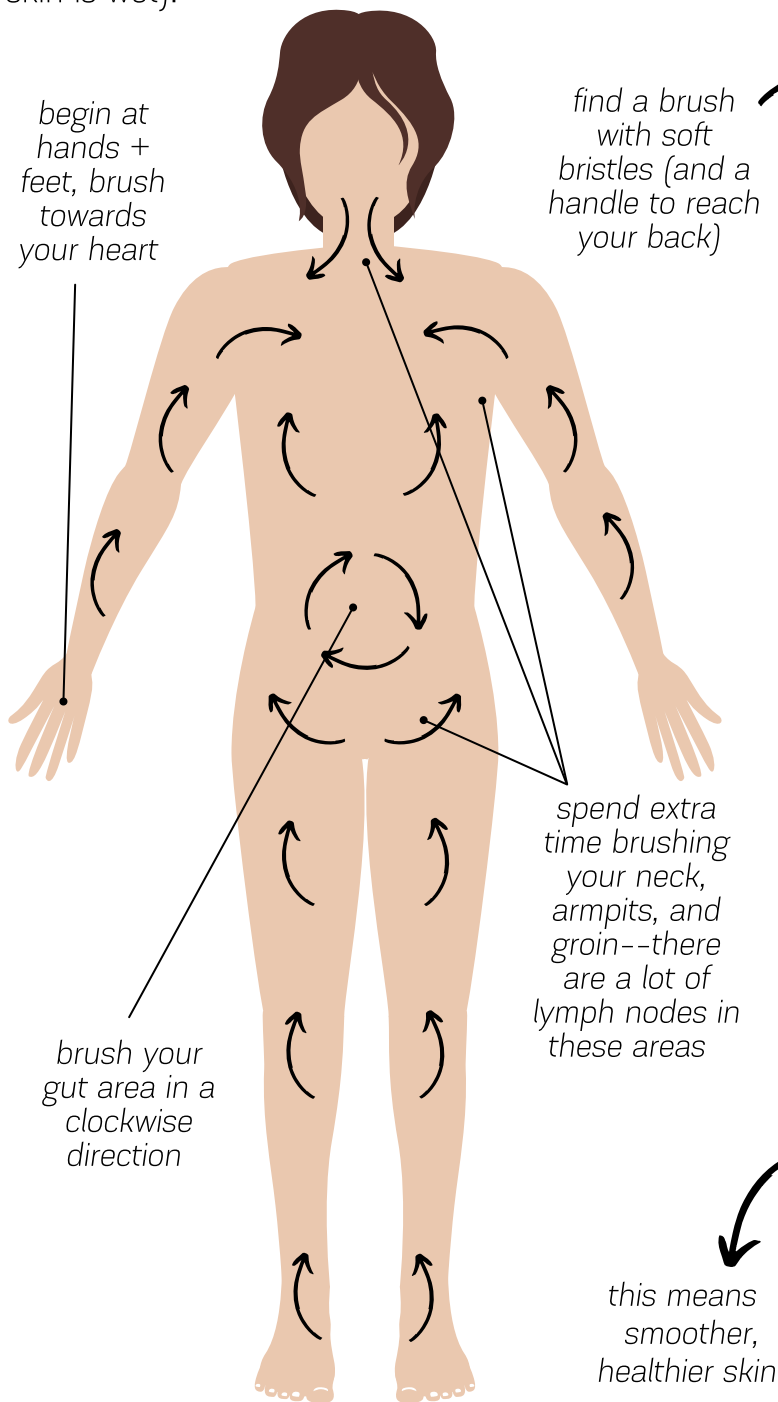


Dry Brushing 101

Dry brushing is a technique that gently gets things moving (in many ways)! It supports your body's natural detoxification pathways, improves skin health, and feels amazing. A great time to brush is right before you shower (avoid brushing once your skin is wet).



BENEFITS

- improves circulation
- stimulates lymph flow
- reduces cellulite development
- clears pores
- sheds dead skin cells
- benefits detoxification
- supports digestion
- relieves stress
- feels amazing