

DRY BODY BRUSHING

In addition to decreasing bloating, dry brushing has been shown to remove dead skin cells, increase circulation, and help the lymphatic system work better. Dry body brushing has also been shown to keep the urinary system working properly, as the skin is known as the third kidney.

Additionally, when we dry skin brush, our bodies are better able to absorb the therapeutic chemical constituents of goDésana Organics Essential Oils applied topically.



use body brush prior to shower following the diagram on the right



21 consecutive days to start lymphatic detox



twice weekly maintenance

Body Brushing Basics

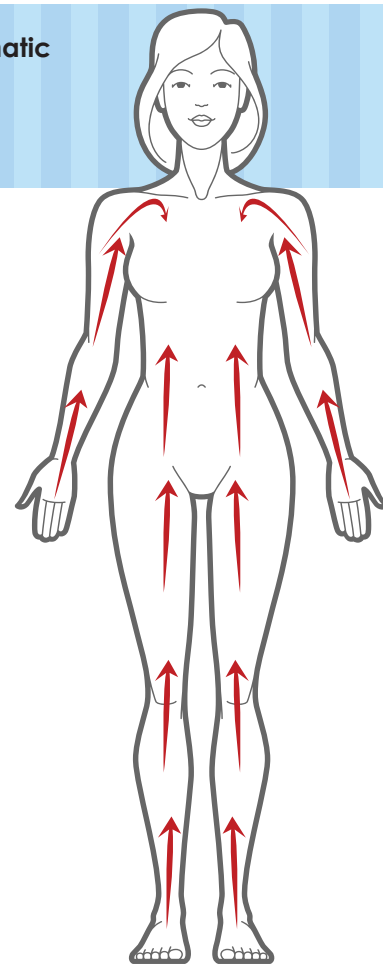
You will need one goDésana Organics natural fiber body brush. Take 5 minutes to brush daily before your shower. Always brush when your skin is dry, using light strokes as if you are stroking a baby.

Gently glide your goDésana Organics body brush over your skin using straight strokes. Your goal is to exfoliate the top layers of the skin by repeating the strokes five times in each area.

Brush from your feet up. Be sure to brush the tops and bottoms of your feet and in between your toes.

Brush your palms, backs of your hands and in between your fingers, always brushing toward the heart.

Brush your back and buttocks in the same manner, being thorough over areas of cellulite.



Dry Body Brush

100% Natural bristles, smooth polished wood 10" curved handle.

Wholesale: \$9.00

Guest: \$10.35