

## Dry Skin brushing (incase of any doubt ☺)

1. Brush around your right ankle 7 times.
2. Brush back and forth over the top of your right foot from toes to ankle.
3. Brush across your right toes on top and underneath 7 times.
4. Brush the bottom of your right foot heel to toe 7 times.
5. Brush up from right ankle to right knee and work all the way around your leg, brushing up towards your heart.
6. Brush from right knee to right hip 7 times.
7. Work all the way around your leg continuing to brush upwards (towards the heart).
8. Brush up from right ankle to right knee and work all the way around your leg, brushing up towards your heart.
9. Now do the same with for the left foot, leg and thigh.
10. Hold the brush in the right groin with both hands and rotate it 7 times counter-clockwise, then 7 times clockwise.
11. Repeat with the left groin.
12. Lightly brush the webbing (or junction) between your right thumb and index or pointer finger on the palm side 14 times, then on the non-palm side 14 times.
13. Brush your right palm from wrist to fingertips and back 7 times.
14. Brush the back of your right hand the same way 7 times.
15. Brush each right hand finger individually back and forth 7 times on the areas that have not been brushed yet.
16. Brush from your right wrist to the elbow in the same manner 7 times.
17. Brush upward from right elbow to your armpit and shoulder 7 times.
18. Repeat steps on your left hand and arm.

19. Using your right hand, gently slide the brush along your right jaw line starting from your earlobe to the underside of your chin 7 times.
20. Place the brush at the hairline on your neck and gently pull around the right side of your neck to the Adam's apple 7 times.
21. Hold the brush with your right hand at the bottom of your neck (where it joins the top of your back) and bring it around your neck to the right and down along your right collar bone and end up between your collar bones 7 times.
22. Stroke your breastbone in a circular fashion to stimulate the thymus gland 7 times.
23. Carefully brush the breast in a circular motion 7 times.
24. Repeat the above steps for your left side holding the brush with your left hand.
25. To stimulate the pituitary gland, hold the brush on the back of your head near the base of your neck and rock the brush up and down, then side to side, both sides 14 times.
26. Hold the brush in your left armpit with your right hand and rotate it counter clockwise 7 times, then clockwise 7 times.
27. Repeat on your right armpit with your left hand.
28. Brush upward 7 times from your upper right thigh to your right armpit.
29. Repeat process on your left side. Women may need to hold their breast out of the way with their free hand.
30. Brush back and forth over your belly button and around your waistline 14 times (like passing a basketball behind your back).
31. Brush in a circular motion over your belly-button, counter-clockwise 7 times then clockwise 7 times.
32. Finish brushing the front of your body in any direction starting at the bottom and brushing all the way up 14 times. Very little pressure needs to be applied to the genitals and women's breasts because the skin is sensitive and will redden if irritated.
33. Brush up and down your spine from the base of your neck and down as far as you can 14 times.

34.Finish your upper back by stroking it around toward your sides.

35.Brush your spine from tailbone up as high as you can reach 14 times, holding the brush with two hands or with the detachable wooden handle.

36.Finish your lower back by stroking it around toward your sides.

After brushing, take a hot shower (about three minutes in duration), followed by a 10–20 second cold rinse. Repeat this procedure three times. If the hot/cold showers are too extreme, a warm shower can be used.

After finishing the body brushing, and hot/cold treatment apply body oil.