



Dry Skin Stimulating Instructions

1. Dry Skin Brush, before showering or bathing, at least **ONCE** per day.
2. Brush each part of your Body **7 to 14** times **VIGOROUSLY** and **COMPLETELY** brushing your **WHOLE** body.
 - ☞ Brush the **soles** of each foot **FIRST** (these nerve endings affect your **WHOLE** body)
 - ☞ Brush your **ankles, calves, and thighs** (up the front, side and back) of each leg
 - ☞ Brush across your **hips and buttock** up towards your heart starting from center
 - ☞ Brush in a circular motion over your **abdomen**, counter-clockwise 7 times then clockwise 7 times
 - ☞ Brush your **palms** up your **arms** to your shoulders
 - ☞ Brush the **backs** of your **hands** up your **arms** again to your shoulders
 - ☞ Lift each arm and Brush your **armpit** circling under your **breast** (Using **LIGHTER** strokes over and around your breasts, but do **NOT** Brush your nipples)
 - ☞ Brush out from center across your **collarbone** left and right
 - ☞ Brush behind your **ears** down your **neck**
 - ☞ Brush down the **nape** of your neck and across your **upper shoulders** left and right out from center
3. Finish up with your regular cleansing and ending with three **hot and cold rinse** cycles to **INVIGORATE** blood circulation and **STIMULATE** surface warmth.
4. After cleansing, dry off **vigorously** and **massage** your skin using one of **Isis Essentials™ Body Blends** (www.isisessentials.com) applying in the same direction as you have brushed.

ALWAYS Skin Brush towards the heart.

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