

Always start with small circular motions, moving from the extremities toward the heart, followed by “sweeps” in same direction. Light but invigorating strokes are best.

1. Start at the base of the front of neck. Brush base of the neck and chest from midline toward armpits. Use a circular motion in the armpits.
2. Brush arms working from hands up toward armpits.
3. Belly--Circular motions in the direction of the colon are best (up on your right side, down on your left side.) Finish with sweeps: from belly button down, sweep to groin and from belly button up, sweep to armpits.
4. Groin—brush “crease” from inner groin to outer hip.
5. Legs and Buttocks—use circular motions from feet to hips on the front and the back of the legs. Spend extra time behind the knees. On backs of legs, pull the sweep all the way to the top of the outside hip.
6. Back—Brush the low back to the top of the outside hip. Brush the upper and mid-back to the armpit.
7. Brush the top of shoulders up and over to the base of the front of neck.
8. Use circular motions at the base of the skull and neck.
9. Brush behind the ear down to the collar bone over the front and sides of the neck.

If desired, use a softer brush for the face. Stimulate the face and then brush down the front of the neck to the collar bone.

