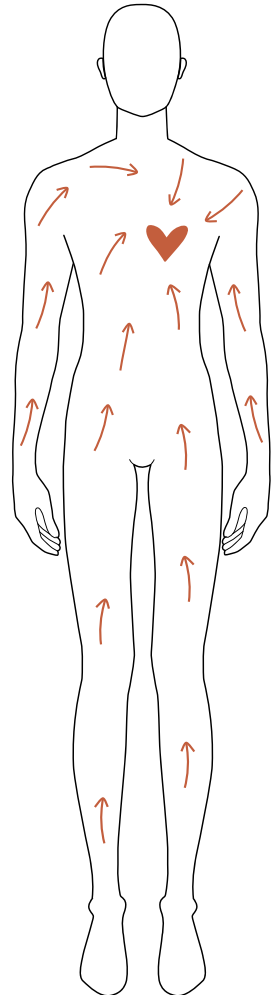


DRY BRUSHING GUIDE

DIRECTIONS:

- 1 Undress just before a shower or bath and have your dry brush at the ready.
- 2 Start with feet and legs. Brush front and back of the body in short strokes.
- 3 Continue up your torso, moving towards the heart.
- 4 Brush arms, shoulders and back. Lightly brush neck and chest.
- 5 Shower or bathe as usual and enjoy your exfoliated, rejuvenated skin!



PRO TIP:

After your shower or bath, moisturize with a body oil or rich lotion.

View more details at

<http://www.anjouspa.com/2021/04/15/dry-brushing-guide/>