



DRY BRUSHING

FOR LYMPHATIC HEALTH

A step-by-step ritual to boost circulation, support lymphatic flow, and restore your natural radiant glow



Mariana & Stefan

Raw Vegan Blessings

WHY DRY BRUSHING?

An ancient daily ritual for radiant, vibrant skin

Dry brushing is a simple, time-honoured practice that gently stimulates the lymphatic system — supporting your body's natural detox pathways, encouraging healthy circulation, exfoliating dull skin, and helping restore your natural glow.

It takes just 5–10 minutes a day, yet many people notice how energising and uplifting the ritual feels.

BENEFITS OF DAILY DRY BRUSHING

- Stimulates lymphatic drainage
- Supports circulation and natural detoxification
- Exfoliates dead skin cells
- Supports cellular regeneration and skin renewal
- May reduce water retention and bloating
- Improves the appearance of skin tone and texture
- Calms the nervous system when done slowly and mindfully

A GENTLE REMINDER

Your skin is your largest organ. When you care for it with intention each morning, you nourish every system beneath it.

WHAT YOU'LL NEED

Simple tools to begin your ritual



YOUR DRY BRUSHING ESSENTIALS

- A natural bristle brush with a long handle (no synthetic bristles)
- Dry, clean skin — ideally before showering
- Optional: a single drop of grapefruit, lemon, or rosemary essential oil on the brush

RECOMMENDED NATURAL BRISTLE BRUSH

A soft, natural-bristle body brush with a long handle makes it easy to reach every area of the body and follow the lymph toward the heart.

[SHOP THE BRUSH →](#)

THE RITUAL · STEP BY STEP

Always brush toward the heart

1

Start at the Feet

Begin with the soles of your feet using firm, gentle strokes. Brush upward toward your heart using long, sweeping motions.

2

Legs

Brush from your ankles up to your knees, then from your knees to your thighs. Always move toward the heart to follow the natural lymph flow.

3

Hands and Arms

Start at the fingertips and brush toward your shoulders. Use short strokes on the hands and long strokes along the forearms and upper arms.

4

Stomach and Abdomen

Brush in gentle clockwise circular motions, following the natural direction of digestion. Keep the pressure light — this area is sensitive.

THE RITUAL · STEP BY STEP

Finishing the body & sealing the practice

5

Back

Use the long handle to brush upward from your lower back to your shoulders. If you can, reach behind to brush the shoulder blades and spine gently.

6

Chest and Neck

Use lighter pressure across the chest and neck. Brush from the collarbone up the neck and toward the ears.

7

Underarms

Brush toward the heart in soft, circular motions. This is a major lymph area, so move slowly and mindfully.

AFTER BRUSHING

- Shower to rinse away dead skin and refresh — alternate hot and cold water if you can.
- Moisturise with natural oils such as coconut, almond, or shea butter.
- Drink a large glass of lemon water to gently support your lymph and hydration.

RHYTHM, CARE & RITUAL

Making dry brushing part of your daily glow

WHEN TO DRY BRUSH

- Once daily, ideally just before your shower.
- Always on dry skin, before applying any lotions or oils.

TIPS & GENTLE PRECAUTIONS

- Skin should turn slightly pink, never red or irritated — reduce pressure if needed.
- Avoid brushing over cuts, rashes, infections, or inflamed skin.
- Clean your brush weekly with warm water and tea tree oil, or a few drops of lemon.
- Keep your brush for yourself — do not share it.

BONUS · ADD TO YOUR DETOX RITUAL

- Rebounding on a mini-trampoline
- Lymph-moving juices and smoothies
- Herbal teas such as nettle, cleavers, or red root
- Deep breathing and breathwork

With Love, Light & Raw Vegan Blessings



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