



Natural Care

Dry Brushing

www.naturalcareway.com

Start by brushing from your feet to your abdomen, then from your hands up toward your heart. Brush across your upper back and down the front of your torso. Cover the entire surface of your skin (except your face) once only.

Women should avoid the breast area. Then immerse yourself fully in a salt bath to help draw toxins out through the skin.

Visit www.naturalcareway.com for supplies and access to NC Wellness Blog for additional information on dry brushing.

It is always a safe practice to consult a physician you trust and patch testing before adding any new practices or products to your wellness routine.