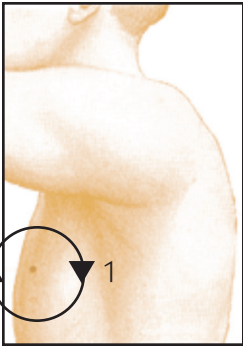


SELF SKIN BRUSHING PROCEDURE

General Guidelines:

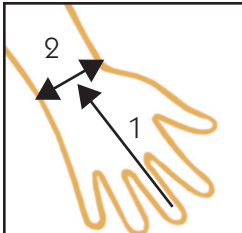
1. Brush left region before right. (*Except the Abdomen*)
2. Generally brush toward the heart or the lymph nodes that the region drains to.
3. Use the amount of pressure that is right for you. At the beginning always error on the side of caution. 7 strokes per region is the general recommendation, but you may require more or less.
4. Do not brush over burns, wounds, varicose veins, or if had recent sun exposure.



ARMPIT REGION

1. Circular strokes: 7 clockwise, 7 counterclockwise at the tail of the breast

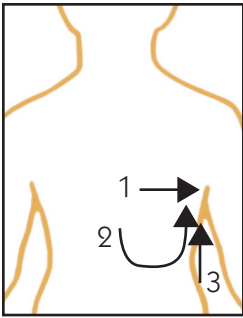
- Armpit nodes drain: Hands, arms, skin of chest, breasts, nape of neck, scapulas, back, part of rib cage
- Start on left side



HAND REGION

1. Brush 7 x from fingertip to wrist
2. Brush 7 x clockwise and counterclockwise around wrist

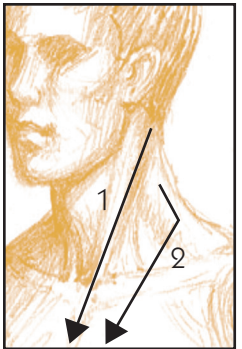
- Brush palm using firm circular strokes



CHEST REGION

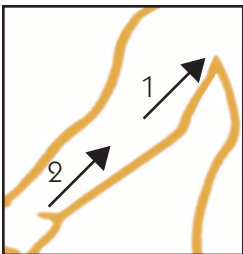
1. Above breast: Brush 7 x toward armpit
2. Below breast: Brush 7 x from breast bone arcing under breast to armpit
3. Side of torso: Brush 7 x from waist toward armpit

- Drains into armpit nodes



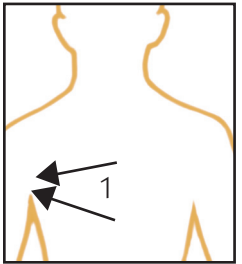
NECK REGION

1. Brush 7 x from base of neck, over shoulder, collar bone, top of breast bone
2. Brush 7 x from base of skull, across side of neck, mid-throat, upper chest



ARM REGION

1. Brush 7 x from elbow to shoulder
2. Brush 7 x from wrist to elbow

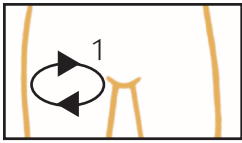


UPPER BACK REGION

1. Brush 7 x from spine toward armpit
2. Drains into armpit nodes

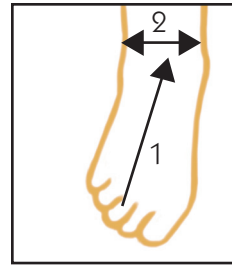
cont'd →

Self Skin Brushing Procedure (continued)



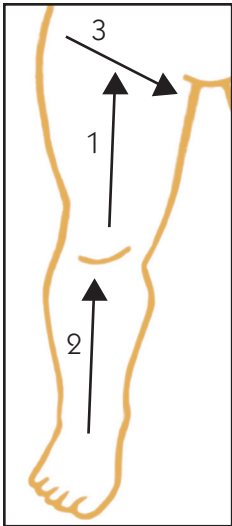
GROIN REGION

1. 7 circular strokes over groin lymph nodes



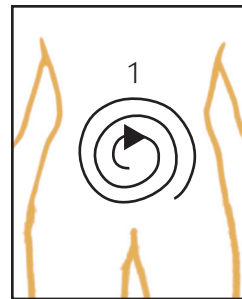
DORSAL FOOT REGION

1. Brush 7 x from tips of toes to ankle
2. Brush 7 x around ankle, beginning and ending at achilles' tendon



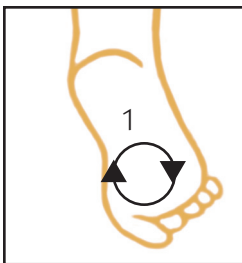
LEG, HIP AND GLUTEAL REGION

1. Brush 7 x from knee to hip on front, back, inside, and outside surfaces
2. Brush 7 x from ankle to knee on front, back, inside, and outside surfaces
3. Brush 7 x from center of buttock toward groin



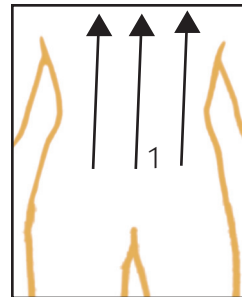
ABDOMINAL REGION

1. Start right to belly button: Small clockwise circles tight to belly button, gradually small clockwise circles become further away from belly button until brush entire abdominal region
2. Abdominal brushing takes 30 – 60 seconds to complete



SOLE OF FOOT REGION

1. Use small circular brush strokes for 30 seconds



LOWER BACK REGION

1. Brush 7 x from lower back to bottom of shoulder blade

Remember: Wash after brushing with cool water to remove dead skin cells and stimulate the body!

Resources:

1. 1999. Berkowsky, Bruce, NMD. *Vital Chi Skin-Brushing System*. Joseph Ben Hil-Meyer Research, Inc. Mtt. Vernon, WA.
2. Google Images.