



BODY IONIC BRUSH
TO ENERGIZE AND DETOXYFY

BODY IONIC BRUSH

An effective aid for exfoliating the skin, increasing your energy levels and helping to detox the lymphatic system.

APPLICATION	
<ul style="list-style-type: none">• LEG:	Begin at your left ankle with small circle then straight brush strokes up your leg. Move on to the opposite leg.
<ul style="list-style-type: none">• ARM:	Brush from the wrist upwards, little circle around your elbow and then on to the other arm.
<ul style="list-style-type: none">• STOMACH:	Gentle clockwise motion.
WRAPPING IT UP	
Go over the same areas multiples times in gentle strokes. Practice daily, Duration 5-7min,	
CLEANING THE BRUSH	
Run your hand over the bristles several times after each use to ensure that all skin particles are removed.	