



**BODY IONIC BRUSH**  
TO ENERGIZE AND DETOXIFY

## BODY IONIC BRUSH

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

### APPLICATION

- **LEG:** Begin at your left ankle with small circle then straight brush strokes up your leg. Move on to the opposite leg.
- **ARM:** Brush from the wrist upwards, little circle around your elbow and then on to the other arm.
- **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.