

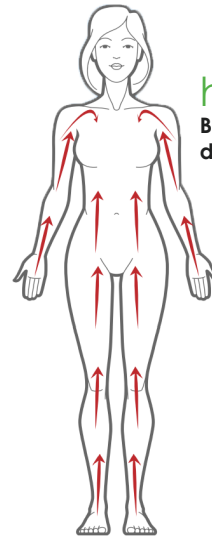
how-to

# LYMPHATIC DETOX

**Do The Lymphatic Detox:** Your lymphatic system is part of your immune system. It's in charge of protecting your body from illness-causing invaders, maintaining body fluid levels, absorbing digestive tract fats, and removing cellular waste. The lymph fluid carries the waste products and destroyed bacteria back into the bloodstream. The liver or kidneys then remove these from the blood. The body passes them out with other body waste, through bowel movements (poo) or urine (pee).\*

## 1. Body Brush Before Shower

Take 5 minutes to brush daily before your shower. Always brush when your skin is dry, using light strokes. Gently glide your body brush over your skin using straight strokes. Brush from your feet up, including the tops and bottoms of your feet and in between your toes. Brush your palms, backs of your hands, and in between your fingers, always brushing toward the heart. Your goal is to exfoliate the top layers of the skin by repeating the strokes five times in each area.\*



## how-to Body Brush

Brush prior to showering, following the diagram on the left.\*



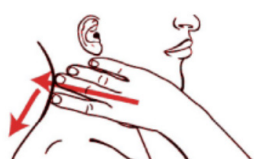
## 2. Do The Lymphatic Massage

This 15-minute massage can be done yourself. Use a very light touch as 70% of your lymphatic vessels are located just below the skin, and if you use too much pressure you'll bypass these vessels. The results of this massage are relaxing, detoxing, and healing on many levels. Apply 1-3 drops of L-Stimulate essential oil blend neat (undiluted) on fingertips and massage following the diagrams below.\*



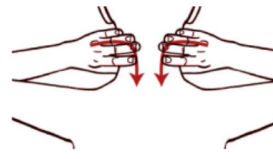
### Step 1: Collarbone

Place fingertips on the upper edge of the collarbone. Use a light touch and stretch the skin toward the center of the neck. Hold for 3 seconds and then release completely for 3 seconds. Repeat 4 times.\*



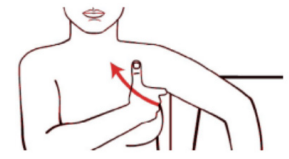
### Step 2: Spinal Chain

Place fingers along the sides of the neck. Use a light touch, stretching the skin slightly forward and down toward the collarbone. Hold for 3 seconds and then release completely for 3 seconds. Repeat 4 times.\*



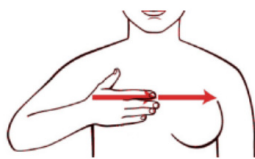
### Step 3: Back Chain (Trapezius)

Place fingers on the muscle at the back of the shoulders. Lightly stretch the skin toward the outer shoulder, then slightly forward. Hold for 3 seconds, and then release completely for 3 seconds. Repeat 4 times.\*



### Step 4: Armpits (Axilla)

Lift one arm slightly and place the fingertips of the opposite hand in the peak of the armpit. Push gently inward for 3 seconds, and then release completely for 3 seconds. Repeat 4 times on each arm.\*



### Step 5: Chest

Massage the chest in a gentle sweeping motion directed toward the arm. Gently stretch the skin, hold for 3 seconds and then release completely for 3 seconds. Repeat 10-15 times on each side of the chest.\*



### Step 6: Groin (Inguinals)

Place fingertips on the crease between leg and pelvis. Lightly stretch the skin upward approximately one inch. Hold for 3 seconds, and then release completely for 3 seconds. Repeat 4 times on each leg.\*



### Step 7: Arms

Lightly massage the entire arm toward the head. The total stretching movement should last 3 seconds, then be released completely for 3 seconds. Repeat upward movement 10 to 15 times on each arm.\*



### Step 8: Hands & Fingers

Massage fingers by gently stretching the skin toward the hand. Massage back of hand and palm by gently stretching the skin toward the forearm and releasing. Repeat 10-15 times on each hand.\*

*\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*

# L-STIMULATE

detoxification blend

15ml

**HBNaturals**  
PRODUCT INFORMATION PAGE



## application

Topical

## safety group

#3

## ingredients

*Laurus nobilis (Bay Laurel), Citrus paradisi (Pink Grapefruit), Citrus limon (Lemon), Citrus aurantifolia (Lime), Sesamum indicum (Sesame Seed)*

## primary benefits

- Supports healthy lymphatic function.\*
- Purifying and detoxifying to the lymphatic system.\*
- Supports a healthy immune system.\*

## responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.
- Possible skin sensitivity. If used topically, avoid sunlight or UV rays for up to 12 hours after application.

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## product summary

This masterfully formulated proprietary blend features Essential Oils that have an affinity for the lymphatic system; for the express purpose of stimulating, supporting, and strengthening the flow of the lymphatic system. The lymphatic system is one of the most complex networks of our body, but it doesn't get much "press". The primary function of the lymph system is to flush excess toxins, waste, metabolic debris, and infection from our body.\*

A well functioning lymphatic system can mean fewer colds, flu, and illness, clearer, smoother, more radiant skin, and a body that is more firm and toned.\*

## ingredient highlights

- Bay Laurel is known to be a powerful stimulant to both the immune and lymphatic systems. It is of tremendous value in dealing with a wide range of viral and respiratory conditions including colds, flu, tonsillitis, and allergies, especially when congestion and infection are involved.\*
- Pink Grapefruit is a wonderful detoxifying agent as it helps to activate the lymphatic system. It has been shown to increase metabolism, help suppress appetite, dissolve fat, prevent bloating, and reduce water retention\*.
- Lemon is known for encouraging stimulation and detoxification of the lymphatic system. It helps to remove toxin build-up from the body, increases energy levels, and supports healthy digestion.\*

## USES

- Apply to lymph sites such as behind the ears, underarms, under breasts, inside elbows, and around groin daily, or as needed, for lymphatic support. Use for on-site application in lymphatic massage, or lymphatic drainage work. Use 21 days each month for general lymphatic support.\*
- **Step 1:** Brush before shower.\*
- **Step 2:** Lymphatic massage with L-Stimulate after shower.\*