

Lymphatic Detox



When you get your supplies, the first step is to pour your entire bottle of Cypress into your bottle of Cel-Lite Magic, you might need to store some of your Cel-Lite in another container for it all to fit. Refill your bottle as needed.

Keep your supplies in a place that you will remember to use them daily!

During the cleanse we suggest:

- Dry brush daily. Before you shower is ideal, but anytime will work!
- Lightly massage Cel-Lite Magic Massage Oil with Cypress on your body daily (I personally do this after the shower; you'll smell amazing!)
- Apply citrus fresh to main lymph node areas arms, behind knees, groin, stomach and ankles {avoid sunlight on those areas because of the photosensitivity of citrus oils}
- Drinking or ingesting in capsules Citrus Fresh will be beneficial as well but not necessary
- Take the recommended dose of Multigreens daily to boost nutrition and cleansing
- Stimulate your easy to reach neuro-lymphatic points often, focusing on the tender spots (see chart)
- Complete a detox bath with Rosemary or foot soak every 3 days, you may do this more if you have any detox symptoms
- Hydrate well throughout the day with filtered water!

SUPPLIES NEEDED:
CEL-LITE MASSAGE OIL
CYPRESS OIL
CITRUS FRESH OIL
ROSEMARY
MULTI-GREENS
SKIN DRY BRUSH
EPSOM SALTS

