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balanced healing

with juliann

a holistic approach to your overall wellness

Dry Brushing

a guide

www.BalancedHealingWithJuliann.com

Dry Brushing

benefits & overview

Dry brushing is a natural practice that helps support your body's detoxification processes by stimulating lymphatic flow, increasing circulation, and gently exfoliating the skin. Unlike the circulatory system, which has the heart to pump blood, the lymphatic system has no central pump. It relies on movement, muscle contraction, and stimulation—like dry brushing—to help move lymph fluid throughout the body. With consistent use, it can promote overall vitality and wellness.

Benefits Include:

- Encourages lymphatic drainage
- Supports detoxification
- Increases blood circulation
- Gently exfoliates dead skin cells
- May strengthen immune function
- Enhances body awareness and promotes a calming effect by engaging the parasympathetic nervous system



Dry Brushing

how to overview

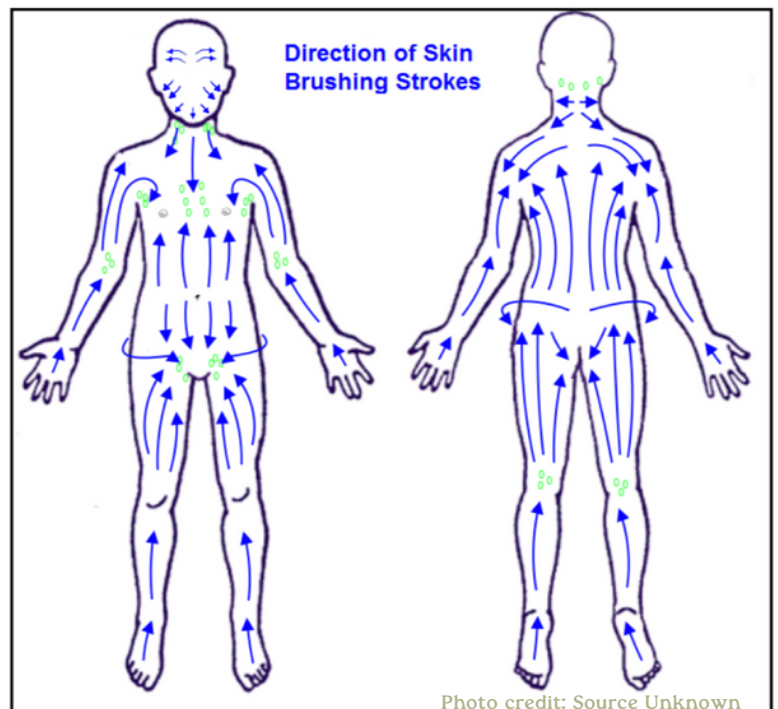
Dry brushing is most effective first thing in the morning before your shower. It helps wake up the body, boost circulation, and support lymphatic flow—making it a perfect energizing ritual to start your day.

You'll Need:

- Firm Bristle Dry Brush - [like this one](#)

Instructions:

- Brush the skin using firm, slow gentle strokes going in the same direction: towards the heart for the upper body, towards the groin for the lower body
- Start at your finger tips, brush up in small strokes across hands, arms and towards armpits
- Brush along the chest towards the center of your body
- Brush around the breasts (from under arm pit, under breast, towards sternum)
- Brush from head down to neck
- Brush from below the belly button down to the groin
- Brush feet up the legs and towards groin
- Brush butt to groin, back to front



Tips:

- Form a habit, either do this prior to your shower or after you've completely dried off with a towel
- Dry brushing is effective when done routinely, one time will not be therapeutic

Dry Brushing

disclaimer

Balanced Healing does not recommend the self-management of medical conditions. Always consult with your healthcare provider before beginning any new wellness practice, including dry brushing. This guide is for educational purposes only and is not a substitute for professional medical advice.

Dry brushing is generally a gentle and invigorating practice. However, it may cause temporary skin sensitivity or mild irritation, especially for those with delicate or reactive skin. Do not brush over broken, inflamed, or sunburned skin, or use on areas with active rashes, infections, or open wounds. Dry brushing is not recommended during pregnancy unless approved by your healthcare provider.

This practice should be done under the guidance of a qualified health professional, particularly if you have lymphatic conditions, circulatory issues, or other medical concerns. Discontinue use if you experience discomfort, irritation, dizziness, or any other undesirable side effects, and consult your provider.

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Meet the Founder

Balanced Healing with Juliann (formerly Balanced Healing of Jacksonville) was founded by Juliann Abecassis-Walsh in 2016 with a heartfelt mission: to create a space where patients felt seen and where healing is possible. Juliann built a thriving practice in Jacksonville, Florida, where she led a team of wellness professionals and also worked part-time as an acupuncture physician at Mayo Clinic's Department of Integrative Medicine. Over time, she transitioned away from her clinical director role to focus more intimately on individualized patient care. After the birth of her son, she closed her physical office and embraced a telehealth model—with the exception of bi-monthly injections offered at Sanders Chiropractic in Jacksonville—allowing her to continue serving patients with flexibility and focused attention.

Through Balanced Healing, Juliann offers a telehealth experience that meets patients where they are - creating a connected, accessible, and deeply personal approach to wellness. Her clinical focus includes complex or "mysterious" illness (often related to mold toxicity, Lyme disease, and co-infections), hormone and gut imbalances, stress-related conditions, and restoring the body's natural ability to heal through integrative care.



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