

Dry Skin Brushing for a Healthier You!

Dry skin brushing is an easy, low cost self-help method that will boost your health from the very first time you try it. The process of dry skin brushing is not only a great way to maintain healthy skin but it also gives you the ability to maintain a healthier body.

Our skin is the largest organ of our body. Your skin holds everything that is inside of you in. It protects you, helps regulate your body temperature, and allows you to feel the sensation of touch. The skin is also one of your most important detox organs. The ability for your skin to eliminate toxins is essential to your health.

Dry skin brushing stimulates the skin and sets in motion several natural healing pathways within your body.

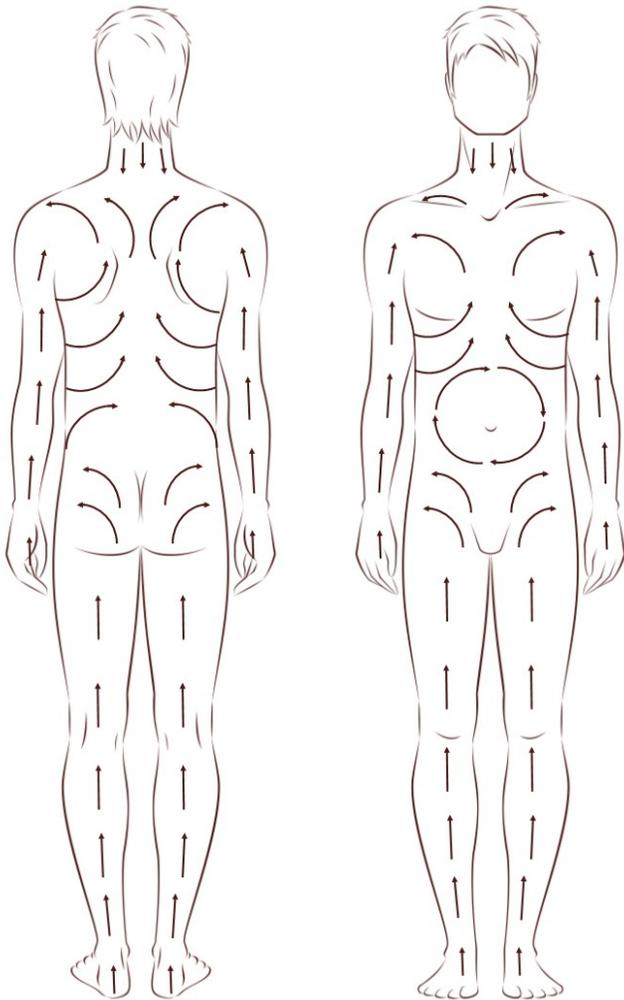
- Dry skin brushing helps your skin "breathe" by removing dead skin cells and opening clogged pores allowing your skin to absorb more nutrients.
- Dry skin brushing stimulates the lymphatic system which carries toxins out of your body.
- Dry skin brushing increases circulation to the skin which eliminates toxins and stimulates nerves that promote healing.
- Dry skin brushing increases electromagnetic energy in the body helping you energized and invigorated.

Dry Skin Brushing Tips



1. Purchase a natural vegetable bristle brush, not a synthetic bristle brush. A brush with a long handle will help you reach your back better.
2. Brushing should be done once a day with a dry brush on dry skin preferably in the morning.
3. Do not dry brush over cuts, wounds, rashes or sensitive areas or on the skin of the face.
4. Brush strokes should move toward your heart. Do not scrub the skin or brush in a back and forth motion.
5. It is normal for the skin to flush due to increased circulation. The skin should not be overly red or irritated, that indicates that you are using too much pressure.

Dry Skin Brushing Technique



1. Begin at the bottom of your foot with short upward strokes, lifting the brush with each stroke. Continue up the back of each leg and buttock. Next start at the top of the foot and brush the front of the leg just like the back. Repeat on second leg.
2. Brush the back of your torso from the top of the buttocks to the center toward the center of your back. Brush the rest of the back from the sides towards the spine then up and out toward the shoulders.
3. Next, brush your hands and arms. Move from the palms of the hands up the inside of your arms toward the heart. Now move to the back of the hand and brush the outside of the arm just like the inside. Repeat on second arm.
4. Brush the lower abdomen in upward strokes from the pubic bone diagonally toward the hip bones.
5. Brush your stomach in a clockwise motion, beginning at 12:00. (When looking down twelve o'clock is near your pubic bone your belly button is the center of the clock and your rib cage connects at six o'clock.)
6. Brush the front of your neck down toward your collar bones and out toward your shoulders. Brush your chest in a circular motion from your rib cage under your arm pit, toward your sternum and around and out toward your shoulders.

You may shower afterward to remove the exfoliated skin. After showering, dry off vigorously and if you have extremely dry skin, massage in some Jojoba or coconut oil. Overtime you will notice that dry skin will not be as prevalent.

Clean your brush meticulously once or twice a week while you are in the shower, rinse well and allow to dry out to prevent mildew. Store your brush outside of the shower so that it is not getting wet every day.

Happy Brushing!