

Dry Skin Brushing



Use a long handle natural bristle body brush, available in health food stores.

Dry brushing provides the following benefits:

- Tightens skin
- Improves digestion
- Helps remove cellulite
- Stimulates circulation
- Increases cell renewal
- Cleanses the lymphatic system
- Removes dead skin layers
- Strengthens the immune system
- Stimulates the glands and helps all of the body systems to perform at peak efficiency.

Dry skin brushing stimulates the lymph canals to drain toxic fluids into the colon, thereby purifying the entire lymphatic system. This enables the lymph to perform its house-cleaning duties by keeping the blood and other vital tissues detoxified.

Most people today have chronically toxic lymph fluids and swollen lymph nodes, a condition which promotes toxicity throughout the system by robbing the lymph of its power to clean the blood and cellular fluids. It is important to stimulate the lymph glands daily to assist your body in the elimination of toxins. In addition, dry brushing is highly stimulating to the skin's surface. It increases the circulation of blood and leaves you feeling invigorated.

Dry brushing needs to be done once every day, preferably first thing in the morning. It is quick and easy to do and takes only a couple of minutes. If you're feeling sluggish, toxic, or ill, you may want to dry brush twice a day.

How to Dry Brush Your Body

The body should be dry and naked, and the brush should be swept 2-5 times in the same direction, across every surface of the body. Start with your extremities, brushing from the hands or feet towards your trunk area. For the front and back start at the top and brush towards the colon. The last parts are the buttocks, brush upward towards the colon. When doing your face, be extra gentle, using a small face brush. Many women report that gentle dry brushing of their face diminishes fine lines and wrinkles!

To help get yourself into the routine of dry brushing, try brushing right before you hop into the shower in the morning. Soon dry brushing will be a habit just like brushing your teeth!