

Dry Skin Brushing

The skin plays a vital role in eliminating the body of wastes and impurities. Dry skin brushing is one of the best techniques to open up the pores of the skin, and to stimulate and detoxify the lymphatic system.

What are the benefits?

- Stimulates the lymphatic system
- Aids the elimination of wastes
- Reduces cellulite
- Assists digestion
- Stimulates circulation
- Strengthens the immune system
- Firms the skin
- Aids in eliminating dead skin cells
- Increases cell renewal



In a nut-shell - What is involved?

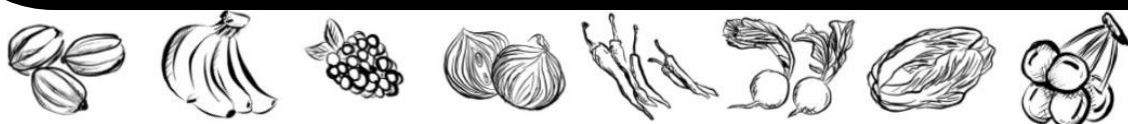
Skin brushing routine: 2 – 5 minutes prior to your shower

1. brush underneath and on top of feet
2. brush up each leg from ankle to hip
3. brush upward over buttocks and up the back
4. brush abdomen in a clock-wise direction
5. brush palms and tops of hands
6. brush up each arm, wrist to shoulder, and shoulder towards heart
7. take a nice warm shower
8. end the warm shower with a cold rinse to provide the skin with further circulatory benefits

Helpful Tips



- Use a good quality, natural bristle, dry skin brush which has an appropriate firmness for your skin sensitivity. It is best to start with a softer bristle and progress to a slightly stiffer bristle as your skin becomes firmer. Natural bristles are preferred as synthetic brushes can cause damage to the skin.
- Use a light pressure, aim for firm but gentle.
- Use long light brisk movements – do no “scrub” the skin or use circular motions.
- Brush before you shower, on dry skin, once completely undressed
- Always brush towards the heart.
- Avoid the brushing the face, any sensitive areas or broken skin
- Pay particular attention to cellulite-prone areas such as the thighs (again, be gentle, over-brushing will cause redness and irritation to the skin).
- Wash your brush once every 2-4 weeks with a natural soap shampoo and hang to dry



Why does skin brushing help my overall health?

The skin is the largest organ of the body, and is responsible for one quarter of the body's elimination capacity. For this reason the skin is also known as the 'third kidney'.

Our circulatory system has its own pump (our heart) to move blood through our bodies, but our lymphatic system does not. It primarily relies on skeletal muscles and physical exercise to assist it. Typically, the more active we are physically, the more lymphatic activity will occur.

Skin brushing helps move lymph fluid towards the heart where it re-enters the circulatory system via the venous system. Dry skin brushing also improves the surface circulation of the skin and keeps the pores of the skin open, encouraging your body to discharge metabolic wastes.

Healthy skin eliminates more than half a kilogram of waste products every day. If circulation to the skin is reduced, pores become clogged with millions of dead cells and other debris, toxins will remain in the body. This puts undue stress on the other eliminative organs, such as the kidneys, liver, lungs and bowel.

Skin brushing helps exfoliate and invigorate our skin. It increases our blood supply to the area, bringing with it nourishment and oxygen. It prevents and reduces cellulite as it aids the removal of accumulated toxins under the skin which causes that dimpled appearance. Dry skin brushing will not only help increase circulation and elimination of toxins, but will also make a huge difference to the quality of your skin and it will look and feel healthier.

You can purchase a good quality skin brush from health food stores, the Body Shop, or the beauty section of most department stores.

Still not convinced? Here's a simple exercise to demonstrate the effectiveness of skin brushing:

Required: 2 clean hand towels and your natural bristle brush

1. Before skin brushing, rub the first towel over your entire skin surface
2. Then use your natural bristle brush to dry skin brush as outlined previously
3. Wait 2-5 minutes before rubbing the second hand towel over entire skin surface
4. Shower.

After repeating this before every shower for a week (making sure not to mix up "before brushing" and "after brushing" towels – it's a good idea to use different colours for identification purposes), you will be able to smell the difference in the towels. The "after brushing" towel will have a significantly more offensive odour, demonstrating the enhanced excretion of toxins due to skin brushing.

