

Dry Skin Brushing

Every body has four major routes of elimination: the colon, the kidneys and liver, the lungs, and the skin, the skin being the largest of these organs. Up to a third of all body impurities are excreted through the skin, which is sometimes referred to as the "third kidney".

How Dry Skin Brushing Will Benefit You

- Effectively removes dead layers of skin and other impurities and keeps pores open.
- Stimulates and increases blood circulation in all under-lying organs and tissues, especially small blood capillaries.
- Revitalizes and increases the elimination capacity of the skin and helps move toxins out of the system.
- Stimulates hormone and oil producing glands, keeping skin looking and feeling young, smooth and strong.
- Has a powerful rejuvenating influence on the nervous system by stimulating nerve ends in the skin.
- Helps prevent colds, especially when used in combination with hot-cold showers.
- Contributes to healthier muscle tone and better distribution of fat deposits with continued use it breaks down cellulite.
- Improves overall health preventing premature aging.

Daily dry friction brushing, or skin brushing eliminates more waste material than any soap and water bath, and skin is not robbed of its natural oils needed to keep it from becoming too dry. The friction rub tones the skin, develops good circulation, and aids in eliminating mild skin conditions. The whole body is both stimulated and invigorated.

Instructions

- Use both face and body brushes without water.
- With the face brush, start at the forehead and work down over the eyes, along the nose, cheeks, chin, ears and finally the neck, using a firm, brisk, rotary motion.
- With the body brush, brush the limbs with an upward movement, or towards the heart, brushing the whole body gently at first until the skin becomes conditioned.
- Avoid brushing the breasts entirely.
- Devote at least three to five minutes morning and night. You will notice softer skin and improved overall health.

Tips for Dry Skin Brushing Massage

- Every two weeks or so, wash your dry skin brush with soap (Castile and Vegetable Oil soaps are the best) and let dry it in the sun or in a warm place. Wash your brush regularly to keep impurities from clogging it up.
- For hygienic, brushes should not be shared.
- Avoid brushing the parts of your skin that are irritated, damaged or infected.
- The scalp should be brushed too. For scalp brushing, use a good natural bristol brush, no other substituted will do. Scalp brushing will stimulate hair growth by increasing blood circulation and keep the scalp clean from dandruff, stale oils, etc.
- The facial skin of most people is too sensitive for brushing; use a Loofah in the shower or a special facial brush.
- Shower after dry skin brushing for extra cleaning and stimulation of circulation.

Information about Dry Skin Brushes

- Choose a brush made from natural vegetable fibre bristles for best results.
- The brush can seem harsh at first as the bristles are stiff.
- Start very gently, smoothly gliding the brush ever so lightly on your legs and arms, stroking once or twice the same area then moving on.
- After about two weeks the brush will not feel stiff nor scratch your skin.
- Slowly increase pressure and speed until you are vigorously brush-massaging your skin.