

## Dry Skin Brushing

Every body has four major routes of elimination: the colon, the kidneys and liver, the lungs, and the skin. Your largest eliminative organ is your skin. Up to a third of all body impurities are excreted through the skin.

### How Dry Skin Brushing Will Benefit You

- Effectively removes dead layers of skin and other impurities. Keeps pores open.
- Stimulates and increases blood circulation in all under-lying organs and tissues, especially small blood capillaries.
- Revitalizes and increases the eliminative capacity of your skin and helps to throw toxins out of the system.
- Stimulates the hormone and oil producing glands. Keeping your 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. Continued use may break down cellulite.
- Improves your overall health preventing premature aging.
- Increases lymphatic drainage and helps with the 'garbage disposal' system within the body.

“Daily dry skin brushing, creates greater activity for the pores of the skin. It is far more cleansing and eliminates more waste material than any soap. The skin is not robbed of its natural oils needed to keep it from becoming too dry. Dry skin brushing tones the skin, develops good circulation, and aids in eliminating mild skin conditions. The whole body is both stimulated and invigorated.”

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 to dry skin brushing.

### 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). Dry it in the Sun. Wash the brush regularly to keep impurities from clogging it up.
- For hygienic reasons use *separate brushes* for each member of the family.
- Avoid brushing the parts of your skin that are irritated, damaged or infected.
- The scalp should be brushed too. For scalp brushing, a good natural bristle brush is a must. Scalp brushing will stimulate hair growth by increasing blood circulation and keeps the scalp clean from dandruff, stale oils, etc.
- The facial skin of most people is too sensitive for brushing, therefore use a Loofah in the shower or a special facial brush instead.
- Shower after the dry skin brush for extra cleaning and circulation stimulation.