

Dry Skin Brushing

WHY SKIN BRUSHING?

The skin is our largest route for eliminating wastes from the body. Skin breathes, yet we take it for granted when applying many types of lotions, sprays and deodorants that are absorbed into the body via the skin. This vital route of elimination often operates below its capacity. Skin pores are clogged with dead skin and un-removed waste excreted through perspiring. Dry skin brushing is a simple, inexpensive way to remove waste from the skin. Our bodies make a new top layer of skin every 24 hours. When using skin brushing daily this layer is removed, which allows a new layer to come to the surface.

Skin brushing also works via stimulating movement in the lymph system that lies just beneath the skin. The lymph system is one of the major detoxification systems in the body. It bathes all of our cells in fluid, which supplies nutrients and serves as a means for removing cellular waste products. Lymphatic channels rely on movement, exercise, and stimulation of circulation in order to function, as they do not have a pumping mechanism like the heart.

The combined effects of skin brushing make for a very effective, very easy-to-do daily detoxification treatment.

TECHNIQUE

Skin brushing is recommended daily before bathing or before bed.

- Use a long-handled natural fiber brush on dry skin.
- Start gently. Use gentle brisk strokes.
- Brush your entire skin surface starting with the extremities, and brush toward the heart.