

## **DRY SKIN BRUSHING**

It is well known that the skin is the largest organ in the body, and is responsible for 1/4 of the body's detoxification each day. Toxicity can gather beneath the skin's surface from such common influences such as improper pH levels in body soaps, skin creams and antiperspirants, and synthetic fibers worn next to the skin. Fat soluble toxins and heavy metals are also released through the skin as sweat.

Dry skin brushing helps to rid the lymphatic system of toxins that collect in lymph glands. Surface circulation on the skin is increased and pores are opened, encouraging the discharge metabolic waste and stored toxins.

### **Benefits:**

- Tightens skin.
- Improves digestion.
- Removes cellulite.
- Stimulates circulation.
- Promotes cell renewal.
- Cleanses lymphatic system.
- Eliminates dead skin layers.
- Strengthens immune system.
- Improves exchange between cells.
- Stimulates the glands, thus helping all of the body systems to perform optimally

### **Method:**

1. Buy a natural, not synthetic, bristle brush, since it does not scratch the surface of the skin (get one with a handle, so that you're able to reach all areas of your body).
2. Skin brush, before showering or bathing, once per day (twice if possible).
3. Do not wet skin, since it won't have the same effect.
4. ALWAYS skin brush towards the HEART.
5. Do circular counter-clockwise strokes on the abdomen.
6. Do lighter strokes over and around breasts, but do not brush the nipples.
7. Brush each part of the body several times vigorously, brushing the whole body.
8. Brush the soles of the feet first, because the nerve endings there affect the whole body, next brush the ankles, calves, and thighs, then brush across your stomach and buttocks and lastly brush your hands to the arms.
9. Take a warm bath or shower, which should always be followed by a cool rinse at the end to invigorate blood circulation and stimulate surface warmth.
10. Wash your brush every few weeks in water and let it dry.