

DRY SKIN BRUSHING

Time Commitment:

About 2 minutes per day, preferably in the AM. Right before showering is perfect. This has a very high benefit to time ratio!

How to Brush:

- Do not wet skin.
- Brush all around limbs and trunk. Every part of body can be covered.
- Use short strokes.
- Use just enough pressure to be stimulating. Skin may turn a little red but not sore, raised or scratched.
- Start at the ends of the limbs and work in toward the center of the body, at heart.
- Remember soles of feet, armpits.

The Brush:

Natural-bristle brush specific for dry-skin brushing, available for \$12-18 at health stores. Loofahs work too and are less expensive, however many people find them too rough.

Caution:

- Avoid rash, broken or injured skin.
- Avoid nipples.
- Use a softer brush or wash-cloth on face.
- This is stimulating so don't dry-skin brush before bed!

Benefits:

- Moves lymphatic fluid (boost immunity, increase detoxification)
- Decreases cellulite
- Improves circulation
- Oxygenates the body, including the brain
- Improves health and appearance of skin
- Stimulates and rejuvenates the nervous system