



## Dry Skin Brushing

Dry skin brushing is a daily practice that will revitalize your body from head to toe and that you will soon grow to love. It is a valuable aid in removing toxins by stimulating your lymphatic system, improving circulation and sloughing off accumulated dead skin cells. As the name implies, you always do this two-minute regime on dry skin in the morning before getting dressed, working out or showering.

You will need to buy a loofah, natural or hemp bristle body brush (not synthetic) costing about \$15. Try getting one without a long handle to make it easier to hold and get to those hard to reach places on your body.

Begin with your left leg. Stand naked in your bathroom holding the brush in one hand and starting with your foot – including your sole – use long, firm, full strokes brushing your skin upwards towards your lymph nodes located on the left side of your groin (see diagram). Apply enough force to make it firm, but not hurt yourself in the process. Now move up over your shin and calf. Next stroke the back of your knee and then move to your thigh (inner, front, outer and back), and then your buttocks directly sweeping over your hip and forward towards your lower lymph nodes in the left groin area again. Now do your right leg. Your lower body is done.

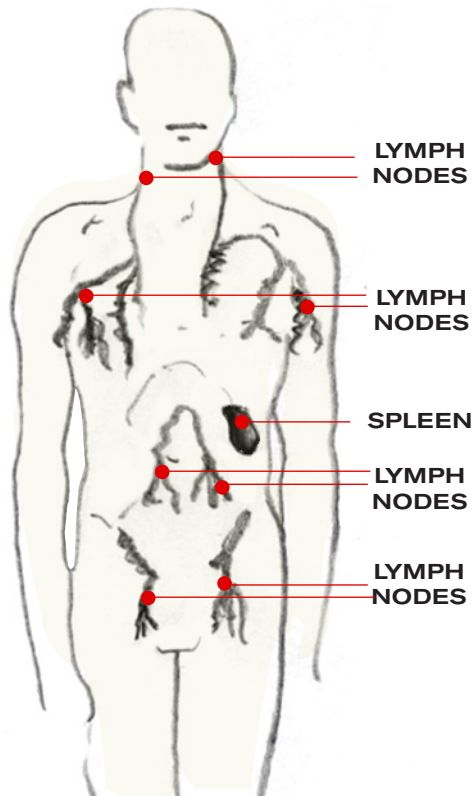
Then, starting again with your pelvis area, brush upwards along your stomach and torso and lower back (as best you can) towards the lymph nodes. Move up and brush your chest (very gently over breasts and avoid your nipples). Then brush your left palm, forearm and upper arm, moving and sweeping towards the lymph nodes located in your left armpit. Do the same with the right side. Your upper body is now done.

Never brush over cuts, scrapes, bites, rashes, hives or burns. Always let these heal before resuming brushing over them. Brushing over flat moles is fine but avoid brushing over bulbous, moles that could prove a little painful. The brushing does feel a little uncomfortable at first but within a week you will have it down to an art and be used to it.

Once you have finished with your body, you may wish to use a soft cotton face cloth or a small natural facial brush to do your face. Use small, light circular motions, starting from your forehead and then moving down your



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temple, your nose, cheek, jaw line, chin and finally your neck – again all motions head downwards towards your lymph nodes on either side of your neck. Do the left side of your face, then the right side. Do not press too hard on your face – think of your facial skin as ultra delicate and you don't want to damage it with your dry skin brushing. Now tap and brush off your brush to remove the flakes of dead skin cells. Once a month use a mild soap (never use antibacterial soap) and wash and rinse your natural brushes with warm water. After you rinse the soap out well, set the brush to air dry in a well-ventilated area. Always store your natural bristle brush on its back with the bristles pointing up. Never share your brush. You may notice small red bumps after the first week – this is normal. Keep up your daily morning dry skin brushing and your skin will soon become smoother and healthier.