

Dry Skin Brushing

The 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, which is sometimes referred to as the "third kidney".

How Dry Skin Brushing Will Benefit You

- Effectively removes dead layers of skin and other impurities and keeps pores open.
- Stimulates and increases blood circulation in all under-lying organs and tissues, especially in 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 and keeps 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, and it breaks down cellulite with continued use.
- Improves your overall health to prevent premature aging.

"Daily dry friction brushing, or skin brushing, creates greater activity for the pores of the skin; is far more cleansing; and eliminates more waste material than a soap and water bath. In addition, the skin is not robbed of its natural oils needed and thus keeps 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."

There are two types of dry skin brushing:

- With dry face brushing, 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. Use a Loofah. Do not use water.
- With dry body skin brushing, brush the limbs with an upward movement, or towards the heart. Brush the whole body gently at first until the skin becomes conditioned. Avoid brushing the breasts entirely. Do not use water.

Tips for Dry Skin Brushing Massage

- Every two weeks, wash your dry skin brush with soap (Castile and Vegetable Oil soaps are the best). Dry it in the sun or in a warm place. Wash the brush regularly to keep it clean from impurities.
- 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 dry scalp brushing, a good natural bristle brush is a must. Dry scalp brushing will stimulate hair growth by increasing blood circulation and will keep the scalp clean from dandruff, stale oils, etc.
- The facial skin of most people is too sensitive for brushing; use a Loofah or a special facial brush.
- Shower after dry skin brushing for extra cleaning and stimulation of the circulation.

Information about Dry Skin Brushes

- Choose a brush made from natural vegetable fiber bristles for effective results.
- The brush can seem harsh at first because the bristles are stiff.
- Start very gently, smoothly and lightly gliding the brush on your legs and arms once or twice in the same area. Then move onto the next area.
- After about two weeks, the brush will no longer feel stiff nor scratch your skin.
- Increase your tempo until you are vigorously dry skin brushing your body's largest eliminative organ - your skin.