

Brisk and Tingly DRY Skin Brushing

**We've heard of brushing
our hair and our teeth...
What about brushing our skin?**

The simple technique of skin brushing brings many visible benefits, including beautiful glowing skin, a firm, toned appearance and reduced cellulite. Stimulation of circulation and lymphatic system are two of the "hidden" benefits. Lymphatic fluid contains waste material, and when this system becomes sluggish, the results can be seen in the form of cellulite, dull complexion and poor skin tone.

Skin brushing stimulates the circulation and at the same time exfoliates the skin. When dead cells clog the surface, the skin is no longer able to achieve one of its main functions-that of elimination. The backup of toxins in the lymphatic fluid puts extra stress on the other organs responsible for elimination, the kidneys and liver.

Another factor in this equation are the sweat glands in the skin, which cannot work efficiently when the pores of the skin are clogged. Perspiration contains toxins. When we perspire, the moisture containing the toxins is released by the sweat glands. Drinking plenty of pure, clean water is important-especially during exercise-to move the toxins out of the body and to ensure the body has adequate liquid to allow the sweat glands to do their job.

The technique of skin brushing is easy, yet important. Each stroke should be firm, but gentle. Make long strokes and always brush towards the heart. Keep the brush movements smooth with a steady pressure on the brush. Have a brush routine, starting at the head and neck, then torso, trunk and lower back. Move to the upper arms, both back and front, forearms and then to the hands. For the scalp and neck and any areas above the heart, the brush strokes should be downward. Take extra care when brushing under the armpits as this is an area where the lymphatic ducts become clogged. Areas that should not be brushed are nipples and genitals.

During the brushing process, you may notice tiny, dry flakes of skin. These dead cells cling to the surface and give it a dull, drab appearance. When the dead cells are removed, the skin can function more efficiently as an eliminative organ.

When you have finished brushing, take a shower. The most beneficial effects are achieved by starting with a hot shower and then switching to cold. This is very stimulating, and you may feel inclined to take the cold plunge on some days more than others! I would not recommend skin brushing in the evening, as the stimulating effect could disrupt your sleep pattern.

When purchasing a brush, look for natural fiber bristles and a long handle (you will be reaching down the length of the spine). Some brushes have a cotton strap across the brush to make it easier to hold when you are not using the handle. The bristles may feel too firm to be comfortable, but bear in mind that as you use the brush the bristles will soften slightly. Do not use this brush for other purposes or on other people! The brush should be kept clean and dry: a very quick & light weekly rinse is all that is needed. No other equipment is required. The entire procedure should take about five minutes, and the morning is a good time to establish the routine.

When you include skin brushing into your everyday regimen, the benefits will become more obvious both visibly and mentally. This simple procedure may seem a little strange at first, but once you feel comfortable with the brushing routine, it has a very therapeutic and stress-reducing effect. What a great way to start the day.

**Turn over for more information
and a more detailed DRY skin-brush
technique. HAVE FUN with this!**

Dry skin brushing tones the immune and circulatory systems. It may reduce the duration of infection and accelerate the clearing of toxins. It will reduce cellulite, help support the immune system during cancer and other chronic illness treatment. There are many different techniques and here is one. It is OK to improvise for your own satisfaction, just remember to work outward to unclog lymph glands near body center before extremities so lymph fluid has someplace to flow.

1. Using your right hand, gently slide the brush along your right jaw line starting from your earlobe to the underside of your chin 7 times.
2. Place the brush at the hairline on your neck and gently pull around the right side of your neck to the Adam's apple 7 times. **Brush across Thyroid.**
3. Hold the brush with your right hand at the bottom of your neck (where it joins the top of your back) and bring it around your neck to the right and down along your right collar bone and end up between your collar bones.
4. REPEAT 1-3 ON LEFT SIDE
5. Stroke your breastbone in a circular fashion to stimulate the thymus gland. Carefully brush the breast in a circular motion.
6. To stimulate the pituitary gland, hold the brush on the back of your head near the base of your neck and rock the brush up and down, then side to side, both 7 times.
7. Hold the brush in your left armpit with your right hand and rotate it counter clockwise 7 items, then clockwise 7 times. Repeat on your right armpit

- with your left hand.
8. Brush upward 7 times from your upper right thigh to your right armpit. Repeat process on your left side. Women may need to hold their breast out of the way with their free hand.
9. Brush back and forth over your belly button and around your waistline 14 times (like passing a basketball behind your back).
10. Brush in a circular motion over your belly-button, counter-clockwise 7 times then clockwise 7 times. Finish brushing the front of your body in any direction starting at the bottom and brushing all the way up 14 times. Very little pressure needs to be applied to the genitals and women's breasts because the skin is sensitive and will redden if irritated.
11. Brush up and down your spine from the base of your neck and down as far as you can 14 times Finish your upper back by stroking it around toward your sides.
12. Brush your spine from tailbone up as high as you can reach 14 times, holding the brush with two hands or with the detachable wooden handle. Finish your lower back by stroking it around toward your sides).
13. Hold the brush in the right groin with both hands and rotate it 7 times counter-clockwise, then 7 times clockwise. Repeat with the left groin.
14. Brush from right knee to right hip 7 times. Work all the way around your leg continuing to brush upwards (towards the heart).
15. Brush up from right ankle to right knee and work all the way around your leg, brushing up

- towards your heart This improves blood circulation, firms skin and gets rid of cellulite.
16. Brush up from right ankle to right knee and work all the way around your leg, brushing up towards your heart. This improves blood circulation, firms skin and gets rid of cellulite.
17. Brush around your right ankle 7 times.
18. Brush back and forth over the top of your right foot from toes to ankle.
19. Brush across your right toes on top and underneath 7 times.
20. Brush circles on bottom of foot
21. Brush the bottom of your right foot heel to toe 7 times.
22. Repeat numbers 13-21 for your left thigh, left leg and foot.
23. Hold right arm up. Brush from tricep to 6" below armpit 7 times. Brush from right elbow to your armpit and shoulder, cover that entire area 7 times.
24. Brush from your right wrist to the elbow in same manner 7X.
25. Brush palm & back of hand
26. Repeat numbers 23-24 for your left arm.
27. Lightly brush the webbing (or junction) between your left thumb and index or pointer finger on the palmside 14 times, then on the non-palmside 14 times.
28. Brush your left palm from wrist to fingertips and back 7 times. Brush the back of your left hand the same way 7 times.
29. Brush each left hand finger individually back and forth 7 times on the areas that have not been brushed yet.
30. Repeat steps 27-29 for your right hand.
31. **Have FUN & ENJOY the stimulating sensations!**