



The Dry Brushing Technique

Did You Know?

The skin is the largest most important eliminative organ in the body and is responsible for one quarter of the body's detoxification each day?

The skin eliminates over one pound of waste acids each day in the average adult, most of it through the sweat glands?

That the skin is known also as our third kidney?

That the skin receives one third of all the blood circulated in the body?

That the skin is the last to receive nutrients in the body, yet the first to show signs of imbalance or deficiency?

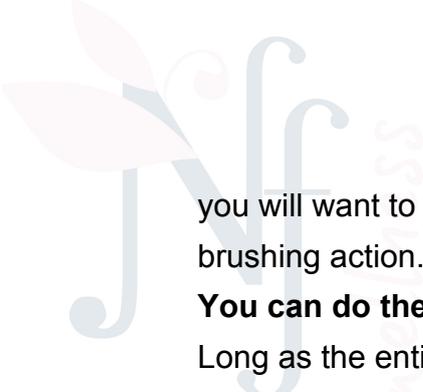
Detoxification is performed by a number of organs, glands, and transportation systems, including the skin, gut, kidneys, liver, lungs, lymphatic system, and mucous membranes. The **dry brushing** technique deals with detoxification of the skin.

Benefits of Dry Skin Brushing:

1. **Removes cellulite**
2. **Cleanses the lymphatic system**
3. **Removes dead skin layers**
4. **Strengthens the immune system**
5. **Stimulates the hormone and oil-producing glands**
6. **Tightens the skin preventing premature aging**
7. **Tones the muscles**
8. **Stimulates circulation**
9. **Improves the function of the nervous system**
10. **Helps digestion**

Tips and Tricks for Dry Brushing:

Always dry brush your **dry and naked body** before you shower or bathe because



you will want to wash off the impurities from the skin as a result from the brushing action.

You can do the brushing head-to-toe or toe-to-head. It really doesn't matter as long as the entire body is brushed. Long sweeping strokes starting from the bottom of your feet upwards, and from the hands towards the shoulders, and on the torso in an upward direction help drain the lymph back to your heart.

Note: Stroking away from your heart puts extra pressure on the valves within the veins and lymph vessels and can cause ruptured vessels and varicose veins.

Use light pressure in areas where the skin is thin and harder pressure on places like the soles of the feet.

Skin brushing should be performed once a day, preferably first thing in the morning. A thorough skin brushing takes about 15 minutes, but any time spent brushing prior to bathing will benefit the body. **If you are feeling ill**, increasing the treatments to twice a day is good. You can also dry brush **areas of cellulite** five to 10 minutes twice a day to achieve cellulite dissolving but the technique needs to be done consistently for a minimum of five months.

Avoid sensitive areas and anywhere the skin is broken such as areas of skin rash, wounds, cuts, and infections. Also, never brush an area affected by poison oak or poison ivy.

Any well-designed program will take about **30 days** to see and experience the changes. Please be patient and keep up the program! **For a thorough lymphatic cleansing**, perform skin brushing daily for a minimum of three months.

How to Dry Brush

1. Begin with your feet and brush vigorously in circular motions.
2. Continue brushing up your legs.
3. Proceed to your hands and arms.
4. Brush your entire back and abdomen area, shoulders and neck.
5. Use circular counter-clockwise strokes on the abdomen.
6. Lightly brush the breasts.
7. Brush upwards on the back and down from the neck. Better yet, have a friend, spouse or family member brush your back.

See Resource Section about purchasing and using a dry brush.