

Dry Brushing Instructions

Dry skin brushing is one of the healthier self-help methods available to us today. **Stimulation of the skin** sets in motion natural healing pathways within your body. Additionally, it encourages nerve beds within its structure that in turn increases normal healing processes throughout the body.

Your **skin is the primary sign of an internally toxic body**. As soon as your internal body becomes toxic, it will spread out into your skin causing your skin to become irritated and itchy. There are numerous ports of elimination of the skin including your mouth, face and arm pits, the inside of your upper thigh region, feet and toe nails. Did you know that body odor is also an additional indicator of toxic build-up and is eradicated through the same channels. Let's not forget your tongue, which builds up a plaque and is yet another gauge of toxins in the body.

Our **skin is permeable or porous, and can absorb toxins** directly from the environment. According to Jaqueline Krohn, MD, "Caustic chemicals, such as alkaline solutions, can also penetrate the skin. Once a chemical has penetrated the stratum corneum (the most superficial layer of the skin), it moves through the epidermis and into the dermis. Skin brushing will enhance your health significantly. You may wonder how this is accomplished using, "skin brushing". It is a fact that the skin is one of the optimal ways to getting to the endocrine system and all the glands it reaches very quickly. In addition, at the same time, it triggers them to react successfully. The instantaneous result from a brushing session is a feeling of increased physical well being.

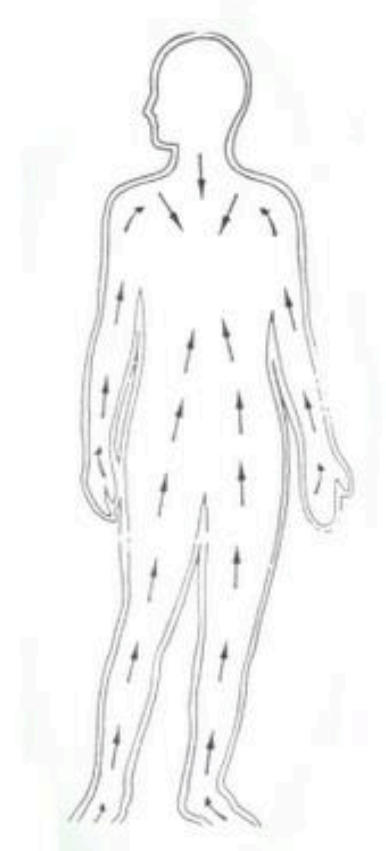
Technique

The technique is a simple one, and you will need a body brush with natural bristles. You will additionally need a much softer brush, or a flannel, for the face. Skin brushing is carried out on **dry skin**. Start at your feet and work upwards, brushing the legs, then buttocks, then onto the chest and stomach and finally the face. Brush more gently where the skin is thinnest and always brush towards the heart.

Brushing your whole body in this way will take you between three and five minutes, depending on how many strokes you give to each area. Try to keep a rhythm going and brush for up to five minutes every day and preferably immediately before you have a bath or shower so that the dead cells are washed away. Skin brushing is best done in the morning as the acceleration of **blood flow** has quite an invigorating effect. You should be able to see the difference in your skin after a few sessions – it will become very soft and develop an attractive rosy glow.

Good reasons for skin brushing:

- Stimulates blood and lymph flow
- Helps eliminate toxins from the body
- Removes dead skin cells
- Encourages cells to regenerate
- Stimulates production of sebum
- Helps combat cellulite
- Results in smooth glowing skin



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