

Dry Brushing



What you Need:

- Bath brush with soft bristle, or:
- Sea sponges
- Loofas
- Bath mitt
- Dry washcloth
- For those with sensitive skin or fragile skin try using a baby hair brush.
- Traditionally a raw silk mitt is used.

Dry brushing is a technique of exfoliating dead skin cells from the body. This technique is similar to other types of exfoliating such as salt/sugar scrubs but done on dry skin usually prior to bathing but can be done all by itself.

By removing the dead skin cell from your body, dry brushing allows the skin to function more efficiently. It increases circulation, promotes lymphatic flow, enhances oxygenation of the tissue and stimulates the nervous and circulatory system. It is often used in Ayurvedic medicine and sometimes referred to a type of lymphatic massage.

What to do

Using your "brush" apply a light, gentle touch moving in small circular motions towards the heart. You may want to start with the arms working from hand to shoulder or your legs working from feet to thighs.

Keep using this simple technique to cover the entire body-abdomen, back, rib cage, buttocks, shoulder, neck but avoid the face as this method might be too harsh for its delicate skin.

This entire procedure should take 10-15 minutes and please follow the guide-line of slow and gentle not fast and deep, the goal is to cause exfoliation not abrasion.

That's it, that's all you need to do.

Some tips:

*Make sure you take care of whatever you use as your dry brushing tool. Keep it clean by washing each week and keeping it dry.

* You can perform **Dry Brushing** before you bathe/shower or on its own.

* Try to avoid harsh soaps with heavy perfumes choose ones that continue to nourish the skin as everything you apply to your skin is absorbed in your body.

* It is considered to be beneficial to perform this technique as a morning ritual and it distributes the oils of the skin better.

Self -massage with a oil such as sunflower, jojoba, almond, grape-seed or sesame is greatly beneficial to the body following dry brushing.

** Before you start this as a part of your routine daily health care please make sure you consult your health care professional.

Avoid dry brushing if you have open wounds, skin infections or fever