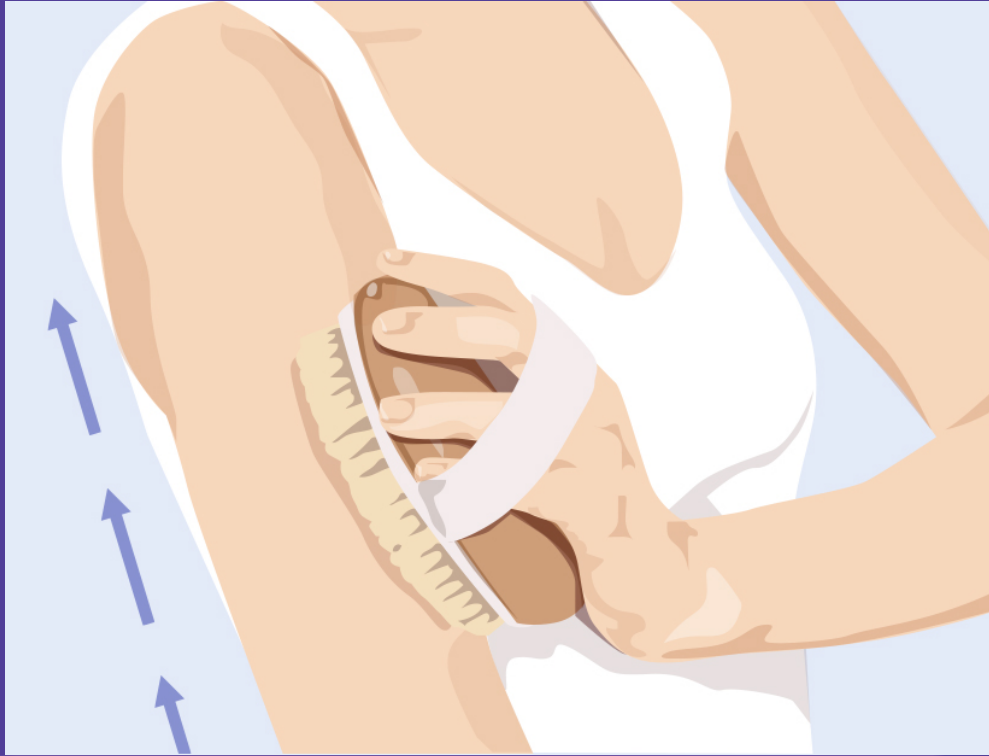


How to Dry Brush and the Benefits You Receive

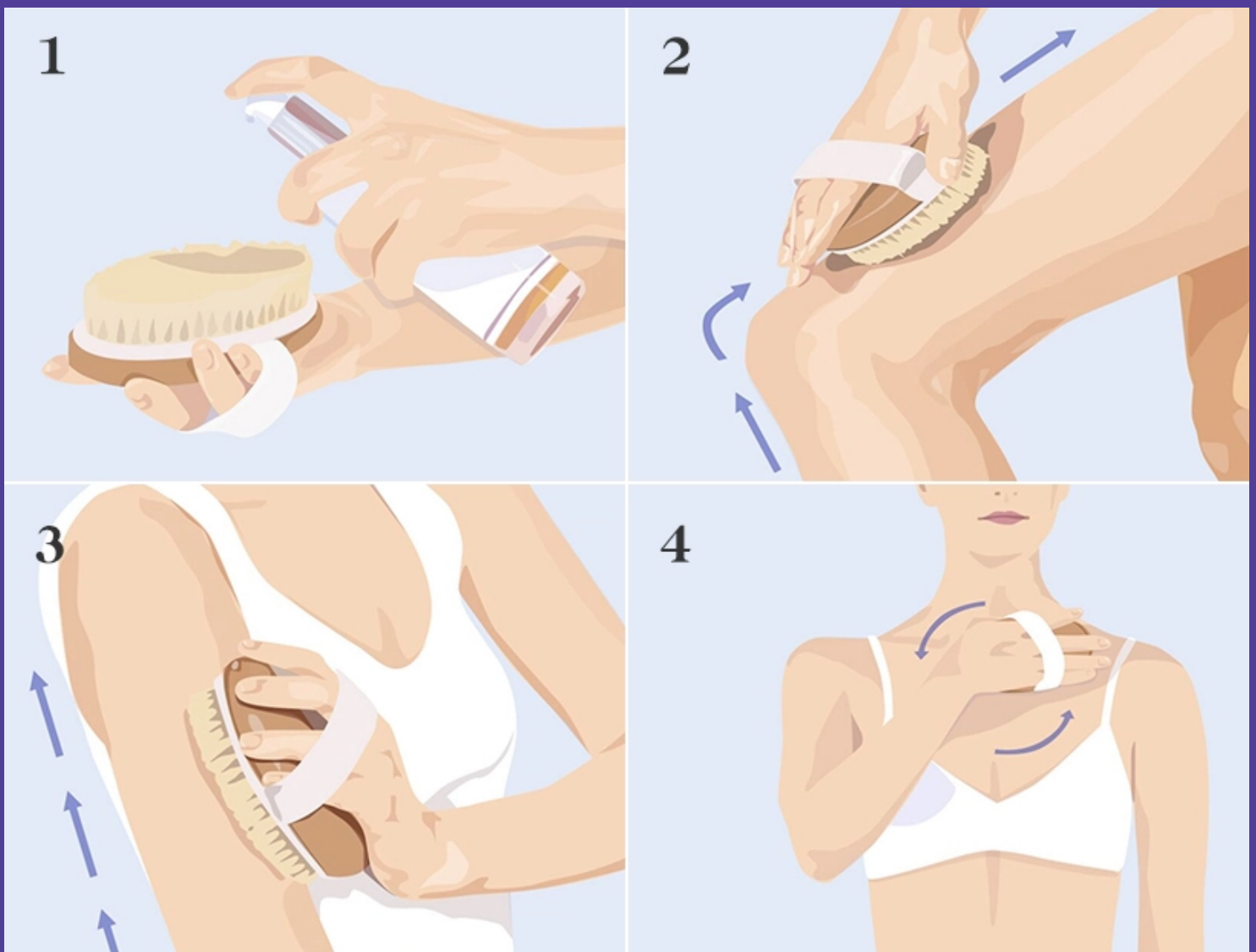


Do's

- ✓ Great for detoxing
- ✓ Improves skin tone and appearance
- ✓ Improves circulation
- ✓ Best first thing in the morning to energize
- ✓ Step into a cool shower for maximum benefits
- ✓ Apply lotion or oil after drying

Start at your feet and brush upward toward the heart. Similarly, when you start on your arms, begin at the hands and work upward. Use firm, small strokes upward, or work in a circular motion. For the stomach, work in a clockwise direction. Be sure not to press too hard or use a brush that's too stiff. Brushing or exfoliation should be gentle and should never break or scratch the skin.

Dedicate at least three to five minutes to brushing.



Dry Brushing:

The Ayurveda ritual of dry brushing involves brushing your full body with a bristled brush. The benefits are many and include:

1. Buffing skin as an effective exfoliator, removing dead skin cells from the top layer of skin, improving the appearance, and making topical treatments more effective
2. It encourages circulation. Lymphatic drainage and circulation is the most beneficial result as your lymphatic system works alongside your circulatory system and helps in removing excess waste from the body - detoxifying.
3. Enjoy a moment of self-care. If anything, dry brushing encourages you to take a moment and focus on your body.

Dry brush daily:

1. For the brush, you want a stiff bristle but nothing too abrasive. A long handle will get to hard to reach areas, however small gives you more control. Advanced-level dry brushers, may choose to use an ionic copper fiber brush.
2. You'll need to be completely nude and best before a shower, as you are removing dead skin cells. morning routine. Add to your morning routine as it can be quite energising.
3. The strokes should be medium pressure—you want to feel something happening without irritating the skin. Long strokes are best as you are pushing up lymph fluid, and that requires a delicate and rhythmic touch. Overlap sections and work around your body. Along joints or smaller areas, use shorter, quicker movements.
4. Start at the feet and move upward. The point of dry brushing is to encourage lymph toward your upper torso and chest, where the lymphatic fluid will reenter the bloodstream. For your stomach, make circular motions to help digestion.
5. Next treat the hands and go across toward the heart. Brush the back of your hands, work around the forearm, and then around the upper arm. Treat under the upper arms with extra attention, as that's where many lymph nodes are.
6. Finish with neck and décolletage being extra gentle of this areas delicate skin. As you are above heart level, start at the jawline and move down toward your chest. Finish by going over your heart in a circular motion to end your routine.
7. Shower to help clean the body of the dead skin cells that have come loose during the brushing process. As your skin is thoroughly exfoliated, be mindful of how you are washing it—skip the scrubs and abrasive loofahs.
8. After the shower, hydration is key. Because the skin will absorb product more readily, it's important to use healthy, high-quality ingredients after dry brushing sessions. Do it while your skin is damp, as smoothing on an oil or cream will seal in water from your shower. Always moisturize with damp skin!
9. Stick to it. You're not going to see any difference unless you are diligent—as with any routine.