

# Dry Skin Brushing



Dry skin brushing is the secret and it has long been a part of Ayurveda's cleansing philosophies. Ayurveda is a 5000 year old science originating in India and is believed by many to be the oldest healing science.

## How does it work?

Your skin is an organ of elimination, just like your kidneys, liver and colon. It's the largest organ of your body and it's estimated that 1/3 of your body's daily impurities are excreted through the skin. Dry skin brushing helps keep the pores clear and the skin active to assist the body in this cleaning process. If your skin becomes inactive, its ability to remove excess toxins is impaired. This places extra stress on other organs and on your body in general. As we age, our bodies become less effective in shedding outer layers of dead skin cells. This build up of dead skin can result in a thick, dry and somewhat leathery look, which is often common with more mature skin.

As well as exfoliating this outer layer, dry skin brushing also stimulates the sweat and oil glands, providing more moisture for the skin. It also helps keep young skin fresh, vibrant and free of breakouts, stimulating your body from the outside in. Dry skin brushing also increases blood circulation and the lymphatic system. The lymphatic system plays a vital role in elimination, helping to remove toxins through the body.

## What to do

- Use a natural bristled brush (like those found at [www.naturalalchemist.com](http://www.naturalalchemist.com)) or a loofah as a second choice. Avoid synthetic or nylon brushes or gloves as they're too sharp and can damage the skin.
- It's best to dry brush first thing in the morning before you shower. Start with light pressure until you're used to the sensation, then move on to firmer strokes.
- Start with the soles of your feet, use swift upward strokes and brush from the feet, up the legs, working towards your heart. Once you've covered your lower body, move to your hands and work up your arms towards your heart in the same manner. Note – torso and back are optional – focus on legs and arms.
- Brush for about 3-5 minutes until your skin is rosy and slightly tingly.
- Always shower after your dry brush to wash off the dead skin.
- Keep a separate dry brush for every member of the family and be sure to periodically wash it.
- Once you've showered and dried, your skin will be ready to absorb any moisturiser you apply.

*Note: Avoid on broken or sensitive skin and take care to brush lightly over cellulite area.*

# Body Brushing

