

Dry Body Brushing Guide



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Dry Body Brushing... Beauties Quite Kept Secret?

“Something simple as gently rubbing a natural bristle brush across your skin can improve your health”

Seems too good to be true...but it is oh so true! Dry body brushing has tons of great benefits for your body. It's a process that has been around for centuries. So why aren't more of us doing it? That's a question I don't have the answer to. But I am making it a mission of mine to let everyone know about it now!

I have put together this simple guide focusing on:

- Body Brushing Facts
- Body Brushing Health Benefits
- Body Brushing Risk
- How To Use A Body Brush
- Tips & More Great Info!

If you're new to body brushing...relax and know that you are not alone. I have laid out everything for you to know in this guide. I want you to take 15 minutes out of your hectic day to read this. Then try body brushing yourself...heck, you deserve it!

How Does Body Brushing Improve Your Health?

Skin is the largest organ of the body; it has the same eliminating functions for removing toxins just like your liver and kidneys. An organ is a structure made up of different types of tissues that are grouped together and carry out specific functions.

Skin is the largest organ of the body and its main functions are:

Eliminating waste and toxins through sweating

Protecting the body, keeping your internal organs and fluids "tucked in"

Assisting the immune system by acting as a barrier to outside influences

Aiding in regulating body temperature

What Are Some Facts On Dry Body Brushing?

Dry body brushing is one of the finest ways to detoxify the skin and promote good circulation. It's also one of the easiest and least expensive ways to detoxify at home. You can do it every day or just a few times a week and reap the benefits.

Body Brushing make your skin glow while it moves lymph and blood.

Body brushing opens pores, stimulates sweat glands, and increases blood circulation while encouraging the body to release waste material from the cells near the surface of the body. It will get rid of dead skin, dirt, and some acid. Dry body brushing is an incredible tool to use to get your lymph moving and keep it moving! For best results, follow with a warm or hot shower to open the pores allowing the toxins to come out and be washed away.

Reaping Body Brushing Benefits

Now let me share with you the Top 12 Benefits from dry body brushing:

- Helps prevent wrinkles by tightening skin.
- Removes dead skin cells and opens the pores so toxins may be released.
- Helps to break down cellulite after 30 consistent brushing.
- Stimulates all the acupuncture meridians and promotes energy flow to organs and glands.
- Helps the skin have more elasticity, strength and youthful appearance.
- Improves blood circulation to the skin and all parts of the body.
- Tones muscles.
- Flow of oxygen to the lungs is enhanced.
- Cleanses the lymph and improves immunity.
- Promotes the production of natural oils from the oil glands into the skin.
- Helps with digestion.
- Improves the health of the liver and kidneys because it enables the skin to take on more of the burden of detoxification.

Are There Any Risk?...

There are circumstances in which stimulating lymph flow is not advised (lymph flow is one of the many benefits from dry brushing). Do not dry brush your body while you have an acute infection. You should not brush your body if you have had a recent thrombosis, as there may be a risk of embolism, or if you have heart edema, an insufficiency of the right side of the heart.

Thrombosis is the formation of a blood clot inside a blood vessel, obstructing the flow of blood through the circulatory system.
Courtesy of Wikipedia

Also do not brush areas that have infection, rashes, cuts or wounds. Brushing may cause those areas to spread or flare up.

Can I Use Any Old Brush?

You must use a natural bristle brush when doing body brushing. Synthetic bristles or brushes won't allow the energy flow to happen; it will stop the electric charge. Synthetic material can also irritate the skin. The brush should be about the size of the hand and have a long handle to help you reach all

areas of the back (brushing your back can be a little tricky). Since they are becoming more and more popular, you can find them pretty easily.

How Do My Skin Eliminate Waste?

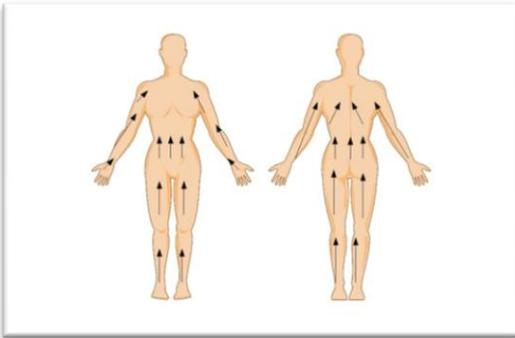
The body's process of eliminating waste and toxins is called detoxification. The lungs, kidney and colon are some of the other organs who have the job of helping the body get rid of stuff it doesn't need. The skin helps the body detoxify through sweat!

How does brushing your skin help detoxification? Well, the top layer of your skin, the part that you can see, is the protective layer of skin cells. New skins cells are constantly being created at the bottom of this layer, and then pushed up to the top. The older, tougher cells at the top of the skin layer die and flake off all the time, to the tune of 30 - 40 thousand cells per minute.

Our bodies are constantly perspiring; the skin can eliminate about 1 - 2 pounds of waste through perspiration every day.

This upper layer of skin also has pores, tiny openings, for sweat and natural skin oil to come up to the surface from the layer of skin below. With all the sweating and flaking going on, it's logical to say that our pores will get clogged. Brushing the skin allows the pours to stay open so metabolic wastes can be released.

How To Use A Dry Body Brush?



Always brush towards your heart for maximum benefits to your circulation. The brushing procedure should be light; you are not attempting to remove skin. Your strokes should be light and gentle, quick small stroke, removing the brush from the skin in between strokes. If you see scratch marks you are brushing too hard.

You must be totally nude, doing this right before your shower is perfect...YOU MUST BE

TOTALLY DRY!

- Right foot; take the brush and stroke the sole of your foot toward your heal (at least 3 times covering your entire sole).
- Then brush the top of the foot from toes to ankle (at least 3 times covering the entire top).
- Right leg; brush up the front of the lower right leg in long vertical strokes, ankle to knee, and then brush the lower leg, Achilles tendon to back of knee (3 times).

- Brush the front of the upper leg, from the knee to the top of the thigh, the back of the upper leg, from the knee to the buttock (3 times).
- Left foot and leg: repeat same steps as right foot and leg.
- Pelvis-hip; brush around the right hip, from front to back (3 times). Make several large vertical sweeps, working upward from the bottom panty line until you reach the pelvic bone. Repeat on the left side.
- Right arm; If you have a brush where the brush can be separated from the handle you will want to do that here. Start at the base of the fingers and work your way up to the shoulder (3 times). Next do the thumb to the shoulder, (3 times); then the pinky to the shoulder, (3 times), and finally the palm to the armpit, (3 times). Repeat with the left arm.
- Back; start at the bottom of your back, center, go up about halfway, then do the right side, then the left side. Do it three times each one.
- Now the top of your back, brush down the center, from the neck to about halfway down, angling towards the outer edges of the body (follow the lymph circulation). Then the sides.
- Torso; Women brush the breast area gently and avoid brushing the nipples. (If you have a brush with a removable handle you may want to remove the handle.) You will do a star shape all around the nipples, starting with the right one, and working clockwise (coming from the center of the nipple out, start at the top, go around the outside, the bottom, and then the inside. Do the other side. Do from the bottom neck down towards the armpit, right side first, then left. Remember, three times each. Finally, work the navel. Work the top quadrants up towards the side of the body; the bottom quadrants go down towards the groin.

Can I Brush My Face Too?



Yes, but you need to use a special smaller softer brush for your face and neck. You can also purchase this type of brush at www.jamionpsc.com.

Brush from the throat up toward the face and then brush the skin of the face from the jaw up. This upward brushing motion helps to prevent wrinkles and is like a natural face-lift.

For the forehead, brush from side to side.

After using your brushes, keep them in a clean place near your shower ready for the next time (most brushes come with a string attached to the bottom, for

hanging). Rinse them with warm water and natural soap once a week and let them dry before using again.

Dry Body Brushing Tips

- Use essential oils to gain even more benefits.
- Make sure your brush your skin when it's completely dry. Brushing wet skin stretches it.
- If more than one person in your family practices skin brushing for health, each person should have his or her own brush.
- Wash your brush with warm water and natural soap at least once a week (this is if you are using it at least once a week).
- Keep your brush visible near the shower. Having it where you can see it will help you get into the habit of using it regularly!
- Avoid brushing areas with skin cuts, wounds or rashes.
- If you have any type of cancer, please check with a competent healthcare provider to find out if skin brushing is okay for you.