



DRY BRUSHING

Dry brushing is a well-known way to generate circulation, remove toxins, and support the body energetically and physically

Take long strokes up the arms, starting at hands and brushing toward the shoulders, front and back of arms.

For the legs, start at the feet and brush upward passed the ankles, knees, and thighs, toward the hips. Take your time and use long brush strokes. Brush the front, back and sides of your legs.

For the torso, start under the breast tissue and gently stroke across the body, from right to left. Always go around the breast tissue. You can gently stroke from the collar bone to the top of the breast tissue; but this is typically a very short stroke on women.

For the back of your body, use a long handle brush to reach between your shoulders and stroke downward from shoulder to tailbone on your back.

If you like, if there are any areas in which you have cellulite, brush your body using a circular motion in those areas. Always use downward strokes on the sides and back of the body, starting at the top and stroking downward.

Dry brush your body before every shower or bath...you'll see and feel the difference in your skin and circulation within a short period of time. Harder brush strokes do not help or speed up the process. Be gentle.

You can get brushes (typically a soft boar bristle brush) where they sell bath and body soaps, lotions, etc.

A lot of stores have them: Bath & Body Works, drugs stores, etc.

