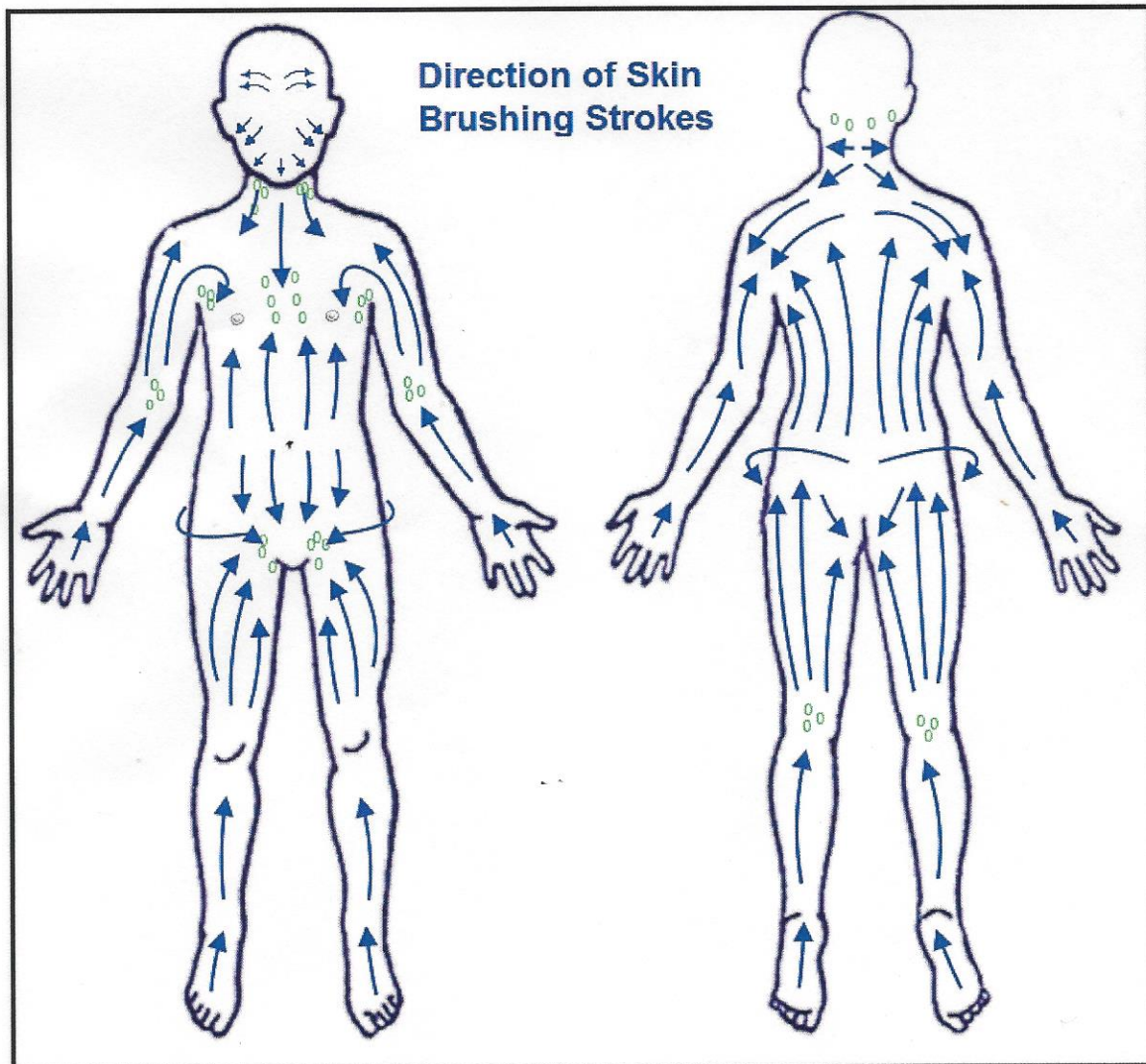


## How to Dry Body Brush

As the name implies, dry body brushing must be done on dry skin. Brush while you are fully naked. Do not wet your skin or the brush and make sure you have not freshly applied any creams, lotions, or oils to your body.

You want to brush in the direction of lymph flow – which is towards the heart. You can use longer or shorter strokes, whatever feels good to you. Keep strokes simple, in one clean sweep. Avoid back and forth motions, circular strokes or scrubbing/massaging your skin with the brush. Brushing in the opposite direction of lymph flow may put extra pressure on the valves within the veins and lymphatic vessels and could cause ruptured vessels or varicose veins to form overtime.

Here is a diagram that shows an example of stroke direction:



The opinion on where to start brushing the body tends to vary. Some prefer to start with the head, others with the feet. Generally brushing is done starting with the limbs and finishing at the chest, as this is where the lymphatic vessels end.

Use the order below as a guideline, but if a different order flows better for you, make your own adjustments. The most important thing is to cover the whole body and stay with the direction of lymph flow as much as possible.

**Feet** – You can start dry brushing at the feet, brushing all sides from the toes to the ankle.

**Legs** – Continue brushing from the ankle up the lower leg and to the knee. Then continue from the knee, brushing the thighs and then brush towards the groin where there is a concentration of lymph nodes. If you have cellulite on your thighs, you may want to spend a little more time brushing that area.

**Buttocks** – Brush from the back of your thighs over the buttocks. When you get to the top of the buttocks brush from the back, around over the hip, and down towards the groin.

**Abdomen** – It is recommended to brush the lower abdomen from the navel downwards as the superficial lymphatic flow in this area goes towards the groin. For the upper abdomen, brush from the navel up towards the heart. Brush under the breasts with a sweeping stroke towards the armpits. On the sides of the abdomen brush upwards to the armpits.

**Back** – Brush upwards to the shoulder blades. On the upper back brush from the spine to the shoulders or armpits.

**Hands and Arms** – Brush both sides of the hands, then work your way to the elbow, then to the armpit and shoulders. Brush the armpit as well because there is a concentration of lymph nodes in this area.

**Face** – Using a softer and smaller brush, brush from the center of the chin outwards along the jaw line. Then brush from the bridge of the nose, over the cheeks to the side of your face. Move up to the forehead and brush from the center out to the sides, then down the sides of the face. If you do not have hair then you can brush the scalp as well.

**Neck** – Start at the back of the neck, at the base of the skull, and brush out to the sides of the neck, curve around to your collarbone on both sides. Brush behind the ears and curve down to the collar bone on both sides. Make sure to brush under the chin as there is a concentration of lymph nodes there. To brush this area properly, lift your chin and brush from under the jaw down your neck to the collarbone.

**Chest** – Be gentle brushing the breasts and brush from the nipple outwards (avoiding the nipples). On the upper chest, brush gently from the collarbone down to the heart.

It could take less than 5 minutes to dry brush your entire body, but you can take as much time as you want. It will depend on how short or long your strokes are as well as the speed in which you brush.



## Considerations

- When you first start to brush your skin be gentle. You should not experience any reddening or irritation of the skin. The brush will feel a bit coarse at first, but your skin will become conditioned, and in a short time of regular brushing, you will be able to apply more pressure.
- While your skin is becoming conditioned to dry brushing, start with only one pass over each area. You can then gradually increase the number of strokes per session. A few strokes per area is enough to get good results, but you may have specific areas that you may want to spend more time on, such as areas with cellulite or regions rich with lymph nodes. If your skin can handle more strokes, then go for it. It should take less than two weeks for your skin to adjust, and from then on you will start to love the sensation.
- If your face and neck are particularly sensitive, then try brushing these areas every other day until your skin adjusts to the brushing. Use a softer brush to brush the face, neck, and décolletage as the skin there is more delicate than the rest of the body.
- Do not brush over any recent scars, broken skin, cuts or bruises. Avoid any areas that have rashes, burns or irritation. Although it is fine to brush over spider veins, do not brush over varicose veins.
- Most people do not have any reactions to skin brushing, but if your body is quite toxic you may notice a slight cleansing reaction a few days after you began dry brushing. A cleansing reaction happens when the body becomes slightly overloaded after stored toxins become more mobile before they work their way out of the body. Symptoms of a cleansing reaction can include slight fatigue, nausea, skin outbreaks, or headaches. To minimize reactions start brushing gently and don't do it for too long. Assist your body to release the toxins by drinking more water, sitting in a sauna, taking an epsom salt bath, or doing an enema.

## Aftercare

After you dry skin brush you may shower. To further stimulate your circulatory and lymphatic systems you may want to practice contrast hydrotherapy (alternating hot and cold water) while in the shower.

If you have dry skin or you normally apply a moisturizer, be mindful about what you are putting on your skin. You don't want to put effort into detoxing your body only to slather on toxic body care products afterwards. Use natural moisturizers such as coconut, almond, sesame, jojoba, or avocado oils. Aloe vera gel, cocoa butter, or shea butter are also good options.

## Caring for Your Brush

For sanitary purposes, do not share your skin brush with anyone.

Keep the brush dry; regular exposure to water will soften the bristles and reduce the stimulating effects of the brush.

To reduce bacterial growth in the bristles, spritz your brush with diluted tea tree oil after each use.

You can wash your brush every few weeks, but it may decrease the lifespan of the brush. If you wash it use only natural soap and warm water. Shake the water out of the brush, then be sure to place it in a dry and warm place to ensure it dries quickly.

To prevent mildew from growing on the bristles avoid storing your brush in a damp environment.

## **Is Dry Brushing Safe During Pregnancy?**

Not only is it safe, it is recommended. Regular dry skin brushing can prevent edema (water-retention) which commonly occurs during pregnancy. Edema occurs because fluids (blood and lymph) tend to accumulate in the body, most often in the feet and legs. In a pregnant woman this is due to an increase in blood flow in her body and also because the growing fetus puts pressure on the veins in the pelvic area as well as the inferior vena cava (a major vein which returns blood from the lower limbs to the heart). Dry brushing during pregnancy will assist the body in maintaining proper circulation of both blood and lymph.

Read more: <http://flowingfree.org/discover-what-skin-brushing-can-do-for-your-health-and-complexion/#ixzz2i1hDeLbP>