

Dry Brush Massage

(Compiled by Barbara W Harrison)

How to Dry Brush the Skin

- Use a natural vegetable fiber brush or loofah. A long handle is helpful for reaching your back.
- Do before your morning shower or bath
- Brush when the skin is dry
- Gently brush with one stroke movements
- Brush from outermost points of your body (hands & feet) towards the center: Feet to abdomen; from hands up your arms to the heart; across your upper back & down the front & back of your torso. Cover entire surface of skin (except your face) once only. For face: use a softer brush...begin in center of the face & stroke outwards. Then brush down the sides of the face
- Total process usually takes no longer than 3 minutes

More About Dry Skin Brushing

Sponges from the Mediterranean have been used for centuries by men & women to cleanse & soften their skin. In Finland, people vigorously brush their bodies with twigs before entering the sauna. In Turkey, the Turkish towel became famous as a means to rub dead skin off the body before & after the bath

Benefits: Helps keep skin beautiful, youthful & radiant and encourages full body health by helping to rid the body of toxins and impurities

- Cleanses the skin without removing the protective mantle of acid & oils.
- Removes the top layer of dead skin with its buildup of dirt & acid; deeply cleanses the skin, thus allowing the skin to breathe more freely. New living cells move up to the surface.
- Stimulates flow of blood near the surface, bringing radiant color to the skin
- Stimulates the oil producing glands & assists the body's own moisturizing process
- Toning the skin...because it stimulates total body circulation, it assists in breaking up fat deposits & tones the muscles
- Combine with sauna to open pores and clear lymphatic system
- First brush skin, then do a sauna until in a full sweat. Take a warm shower, then a cold shower and dry off. Note: Helpful to follow with a sesame oil self- massage before showering