



# HOW TO SKIN BRUSH

1. Purchase a natural (not synthetic) bristle brush with somewhat firm bristles. Use either one that fits comfortably in your hand or one with a long handle so you can more easily reach every part of your body.
2. Disrobe, then stand in the bathtub, on a tiled surface, or other easy-to-clean area. Begin brushing at the ankles and brush upward using light but firm strokes. Repeat each area several times and feel free to include the soles of your feet, if you're comfortable balancing while you brush. Finish each area with long, smooth strokes. Also, ALWAYS brush toward the heart because that is the way the lymph flows naturally, as well as the blood as it carries waste.
3. Avoid the genitals, face, open cuts, abrasions, and any patches of eczema or psoriasis. Also, breast tissue may be extra-sensitive. After you finish your legs, brush your stomach, back, arms, and shoulders, always starting at the extremity and working your way toward the heart. Your skin may be a little pink when you're finished, but it shouldn't hurt — if it does, brush more gently!
4. Once you've brushed your entire body, shower to wash off any dead cells, toxins, and other waste that have been brought to the surface or loosened by the brush. Dry well and moisturize with a natural cream or lotion, if desired, then drink a large glass of water to replenish fluids and assist the detoxification process.
5. Dry brush every day, twice if desired. Also, remember to clean your brush with soap and water once a week. Dry thoroughly to avoid any mildew accumulation in your brush.

## BENEFITS OF SKIN BRUSHING

**Clears and invigorates the skin.** Skin brushing exfoliates your skin, unclogs pores, and sloughs off the layer of dead skin cells, which allows the skin to breathe, helps the skin take up more nutrients and excrete more toxins, and helps you look radiant. It also promotes smoother, tighter skin.

**Lymphatic and detoxification support.** Skin brushing stimulates the lymphatic system, the immune system, the circulatory system, and even your digestive system and kidney function. This enhances and encourages the efficient elimination of cellular waste, as well as increasing oxygen supply throughout the body due to increased bloodflow.

**Cellulite assistance.** There is some evidence that skin brushing may help to soften and break up fat deposits below the skin, which may help to diminish the appearance of bulgy, unwanted cellulite.

**Relaxation.** Skin brushing can provide stress relief, reduce muscle tension, and calm your mind that lets you feel both relaxed and invigorated at the end of the brushing.