

Self Care - Dry Body Brushing

Dry Skin Brushing or Body Brushing, is a simple, effective and inexpensive technique to assist the body to rid itself of toxins via the lymphatic system and the skin.

I had heard about skin brushing for some before I really got the point ...

Did you know that your skin is an organ and is the largest organ of elimination in your body?

It is considered an organ because it has some very specific functions - like maintaining the temperature of your body as well as protecting the other organs from bacteria - and that requires some specialized tissues.

The average adult human body has skin over 21 square feet of surface area, which is roughly accounted to be about 10% of your body weight.

So now we know a little more about our skin and its functions ... how can we maximize our detoxification?

The Big Benefits of Body Brushing

Detoxification is a process that happens throughout the body in several different ways. The body has to eliminate waste matter accumulated within the body by natural bodily functions and the process of digestion.

If wastes are not eliminated from the body we get sick. Most of the time the body does a 'good enough' job. But in actual fact some toxic debris remains in the body due to a poor diet, a sluggish digestive system, stress, illness, smoking, alcohol intake, recreational or prescription drugs, chemicals in our environment etc.

These factors can effect any or all of the organs and systems in the body and those that remove waste products; the lungs, liver, kidneys, digestive system, lymphatic system and the skin.

Dry skin brushing is an amazingly effective technique for speeding up the elimination of toxins through the skin as well as aiding the Lymphatic System.

Adding dry skin brushing to your daily cleansing routine quickly becomes second nature and takes just five minutes a day to perform and it feels great!

Nothing more than a Natural Bristle

Brush or a Loofah is required.



The basic 'rules' are simple:

Work systematically from your feet up or your head down.

Tip: I prefer working from my feet up

Use gentle but thorough strokes in a circular or up ward motion that move in the direction of the heart. You can vary your movements as you get used to what seems to suit you best.

Tip: This is the direction the lymphatic system works.

Make sure the entire body is brushed, especially the areas that fold, like the ankles, knees, elbows, armpits and neck - so an upward direction from toes towards torso not forgetting the groin area. Up the torso and back in the direction of the heart. From fingers to armpits/shoulders and gently down neck.

You will experience a scratchy tingling sensation which feels quite bracing and warming especially as you jump into the shower after you have finished your body brushing.

Perform this technique on naked dry skin before a bath or shower. It is also especially good to do this before a sauna or steam bath as it enhances the beneficial effects the heat has on drawing out toxins.

Even though the dry skin brush does not get wet, it will need washing from time to time, making sure it is dried thoroughly before re-use.

Enhance the effect post bathing with aromatherapy body oils that contain essential oils that aid detoxification and circulation of lymph.

Remember to keep water intake up as this is a great help in the detoxification process.