

Dry Skin Brushing

A Self-Care Spa Treatment that is a Natural and Easy Way to Boost Your Body's Immune Response

The lymphatic vessels lie directly beneath the skin and fascia. The function of the Lymphatic System is to take the waste products out of the microscopic spaces between tissue cells (called interstitial fluid or tissue fluid) and cleanse them before returning the fluid back to the blood. If not removed, these waste products and toxins weaken the immune system.

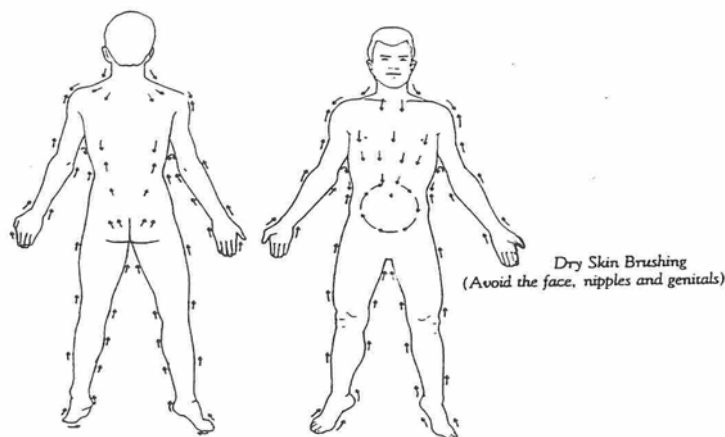
The Lymphatic System encompasses the whole body just as the blood does. Unlike the blood, which moves through the body with the heart as a pump, the lymph does not circulate quickly. With no pump to move it, movement in our bodies is key to greater lymph flow. The more we move the more quickly our lymph circulates.

When toxins linger in the body, lymph slows down even further; your body becomes sluggish, weakened and compromised. Fighting off outside viral, bacterial, energetic and other negative influences becomes inefficient in this weakened state. Dry brushing increases lymph flow, allowing the waste and toxins to release, cleansing the whole body.

You will need a vegetable bristle brush (nylon or animal bristle may be too soft or too rough) with a long, but detachable handle so that you can reach your back. It must always be kept dry but washed in warm soapy water every now and then. You can brush the body once a day, 10-15 minutes before your morning bath or shower. If you do it daily, it is a good idea to take a week's break every month as skin brushing, like many natural detoxification techniques, is more effective if the body does not become too accustomed to it. Some people find that dry brushing 2-4 times a week ongoing is equally effective.

Avoiding the face, which is too sensitive for this treatment, make bold, sweeping movements over each part of the body in the directions shown in the drawing below. Do not brush too vigorously, especially if you are new to body brushing, or you will scratch your skin. Starting inside on the right foot, begin with your feet, including the soles, and work up the legs, front and back, over the buttocks and up to the middle back. That is, always work towards the heart and bring toxins towards the colon. Do both sides in this manner. Then brush your hands, up the arms, front and back, across the shoulders, down the chest (avoiding the nipples) and then down the back of the neck to the upper back. Use the long handle on your brush to get the parts of the back you can't reach, brushing up from the buttocks and down from the shoulders. Finally, brush the abdomen (avoiding the genitals) using a clockwise circular motion following the shape of the colon. It takes only a few moments to brush your entire body. Wait 10-15 minutes for your skin to balance before getting into the shower or tub. After you bathe, apply your favorite aromatherapy massage oil to nourish your skin.

Important: Skin brushing is safe for everyone except for those suffering from skin disorders such as eczema or psoriasis or if there is infected or broken skin. You can brush where the skin is healthy, but avoid any areas where you have severe varicose veins.



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