

Dry Skin Brushing

Your skin constantly breathes and eliminates toxins. (The average person eliminates about two pounds of waste through the skin each day!) If skin pores are blocked and can't function fully than the kidneys, liver and lymphatic system will have to compensate and will be over loaded with toxins. Some things that can cause these blockages are improper pH levels in body, soaps, skin creams, and antiperspirants, plus synthetic fibers worn next to the skin. When you do skin brushing you help the lymph system (which is the most superficial system meaning closest to the skins surface) to clean itself of the toxins that collect in the lymph glands. You use a simple technique to improve the surface circulation on the skin and keep the pores of the skin open, encouraging your body's discharge of metabolic wastes. This results in an improved ability to combat bacteria, plus helping your skin to look and feel healthier and more resilient! Try it everyday!

There are so many benefits to skin brushing ranging from improving your immune system to reducing cellulite! It tightens skin, helps aid in digestion, stimulates circulation, increases cell renewal, cleans lymphatic system, stimulates the glands, thus helping all of the body systems to perform at PEAK EFFICIENCY!

You will need a long-handled, natural, not synthetic bristly brush!

Start with the Head and neck

1. Using your right hand, gently slide the brush along your right jaw line starting from Your earlobe to the underside of your chin 7 times.
2. Place the brush at the hairline on your neck and gently pull around the right side of your neck to the Adam's apple 7 times (stimulates the thyroid gland).
3. Hold the brush with your right hand at the bottom of your neck (where it joins the top of your back) and bring it around your neck to the right and down along your right collarbone, ending up between your collarbones. Repeat 7 times.

Repeat steps 1, 2, and 3 on your left side holding the brush with your left hand.

4. Stroke your breastbone in a circular fashion (7 times in each direction) to stimulate the thymus gland. Stroke gently outward 7 times on each pectoral muscle (top of breast).
5. To stimulate the pituitary gland, hold the brush on the back of your head near the base of your neck and rock the brush up and down, then side to side, both 14 times.
6. You may use your finger or a softer brush to work the facial area.

Torso, Back, and Buttocks

1. Hold the brush in your left armpit with your right hand and rotate it counter-clockwise 7 times, then clockwise 7 times. Repeat in your right armpit using your left hand.
2. Brush upward 7 times from your upper right thigh to your right armpit. Repeat the process on your left side. Woman may need to hold their breast out of the way with their free hand.
3. Brush back and forth over your belly button and around your waistline 14 times (like passing a basketball behind your back).

4. Brush in a circular motion over your belly button counter-clockwise 7 times, then clockwise 7 times. Finish brushing the front of your body starting at the bottom and brushing all the way up 14 times. Very little pressure needs to be applied to the genital and woman's breasts because the skin is sensitive and will redden if irritated.
5. Brush up and down your spine from the base of your neck and down as far as you can 14 times. Finish your upper back by stroking it around toward your sides.
6. Brush your spine from tailbone up as high as you can reach 14 times, holding the brush with two hands or with the detachable wooden handle. Finish your lower back by stroking it around toward your sides.
7. Brush the entire area of your buttocks 7 times. Brushing the buttocks and thighs helps rid them of cellulite.
8. Hold the brush in the right groin with both hands and rotate it 7 times counter-clockwise, then 7 times clockwise. Repeat with the left groin.

Legs and Feet

1. Brush from right knee to right hip 7 times. Work all the way around your leg continuing to brush upwards (towards the heart).
2. Brush up from right ankle to right knee and work all the way around your leg, brushing up towards your heart. This improves blood circulation, firms skin and gets rid of cellulite.
3. Brush around your right ankle 7 times.
4. Brush back and forth over the top of your right foot from toes to ankle.
5. Brush across your right toes on top and underneath 7 times.
6. Brush the bottom of your right foot heel to toe 7 times.

Repeat steps 1 through 6 for your left leg and left foot.

Arms and Hands

1. Brushing upward from your right elbow to your armpit and shoulder, cover that entire area 7 times.
2. Brush from your right wrist to the elbow in the same manner 7 times.
3. Lightly brush the webbing (or junction) between your left thumb and index or pointer finger on the palm side 14 times, then on the back of the non-palm side 14 times.
4. Brush your left palm from wrist to fingertips and back 7 times. Brush the back of your left hand the same way 7 times.
5. Brush each left-hand finger individually back and forth 7 times on the areas that have not been brushed yet.

Repeat steps 1 through 5 for your right arm & hand.