

# The Dry Brushing Technique

- Always dry brush your dry and naked body before your shower or bath.
- Always brush toward the heart. Begin with long sweeping strokes starting from the bottom of your feet upwards, and from the hands towards the shoulders, and on the torso in an upward direction help drain the lymph back to your heart.
- Use light pressure in areas where the skin is thin and harder pressure on places like the soles of the feet.
- Skin brushing should be performed once a day, preferably first thing in the morning. A thorough skin brushing takes about 15 minutes, but any time spent brushing prior to bathing will benefit the body. If you are feeling ill, increasing the treatments to twice a day is good. You can also dry brush areas of cellulite five to 10 minutes twice a day to achieve cellulite dissolving but the technique needs to be done consistently for a minimum of five months.
- Avoid sensitive areas and anywhere the skin is broken such as areas of skin rash, wounds, cuts, and infections. Also, never brush an area affected by poison oak or poison ivy.
- Finish up with your regular shower and ending with two hot and cold cycles. That means turning on the water as hot as you can take it for several seconds, then as cold as you can handle it, then hot, then cold for two cycles. End with either hot or cold. This will further invigorate the skin and stimulate blood circulation, bringing more blood to the outer layers of the skin.
- After getting out of the shower, dry off vigorously and massage your skin with pure plant oils such as olive, avocado, apricot, almond, sesame, coconut or cocoa butter.
- Clean your skin brush using soap and water once a week. After rinsing, dry your skin brush in an open, sunny spot to prevent mildew.
- Any well-designed program will take about 30 days to see and experience the changes. Please be patient and keep up the program! For a thorough lymphatic cleansing, perform skin brushing daily for a minimum of three months.



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