

## DAILY DRY SKIN BRUSHING TECHNIQUE

Your skin is the second largest organ in your body. It is one of the organs of detoxification, the others being the large intestine, lungs, and the liver.

Daily brushing removes dead skin cells, cleanses the pores, and helps to keep the skin soft, supple, and youthful. It improves circulation thereby assisting the body in the removal of toxins. The nervous system is stimulated along with the hormones and oil producing glands of the skin. Through this stimulation, muscle tone is improved.

### Dry Brushing Procedure

- Use only a natural sponge, vegetable sponge or loofah sponge. These sponges are easily found at your local drugstore or pharmacy.
- Ideally, dry brush everyday before going to bed or before your shower.
- Use a figure 8 motion; brush very lightly over the entire outer surface of your body.
- Start brushing from the head, the tips of your fingers, and the tips of your toes, always moving progressively towards the heart.
- Be sure to include your palms and your soles.
- Be present to the feeling of the sponge on your skin. Try to concentrate on how that part of your body is feeling.
- Cleanse the brush every few days with soap and warm water.