



Dry Brushing Guide

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Why we should dry brush

We brush our hair and our teeth (hopefully), why wouldn't we brush our skin? During my Ayurvedic Health training, they stressed the benefits of dry brushing... so here's why we should dry brush our skin..

- It naturally exfoliates the skin and helps shed dead skin cells.
- It encourages new cell renewal which results in smoother and brighter skin.
- It helps with ingrown hairs.
- It's to improve blood circulation and is great to do in the morning to help wake up.
- It increases lymphatic drainage. Many of these lymph vessels are beneath the skin.
- Brushing regularly helps stimulate lymph flow within the body and helps the body detoxify itself naturally.
- Dry skin brushing helps our skin to absorb nutrients by eliminating clogged pores and ridding of dirt, oils, environmental toxins etc... and it feels great too!

Good news is I do most of my self care time at home and in my bathroom... don't get me wrong, I love spa days, but I've incorporated dry brushing, scrubs, masks and baths apart of my routine... it's peaceful, cost efficient and beneficial to our bodies and minds.

To get started with dry brushing, all you need is a natural bristle brush. You can find these at many natural health food stores.



Simple steps for dry brushing

- Start on dry skin before bathing/showering. Go over each area 5 times.
- Begin at the ankles in an upward sweeping motion towards the heart (the lymph fluid flows through the body towards the heart, so it's important that we brush in the same direction to direct it to where it needs to go). Go up the feet, shins, calves, quads.
- Then sweep up the arms towards heart.
- On the stomach and armpits, go in a clockwise circular motion to help with digestion and detoxification.
- Be gentle over softer/sensitive skin around the chest/breasts/neck still sweeping towards the heart.
- If you have a long enough handle, you can sweep over the back towards the heart as well.
- Use a softer, smaller, gentler dry brush for the face too.
- Showering after is best to wash away the dead skin cells.
 - Alternating temperatures in the shower from hot to cold will further invigorate the skin and stimulate blood circulation.
 - Never brush over inflamed/sensitive skin, sores, wounds, sunburned skin or skin cancer.



After Care

After I dry brush, I often use this blend of essential oils as a moisturizing body oil or with the unscented body lotion from doTerra to help moisturize and cleanse.

In this dropper, I have 3-5 drops of each oil and top it with fractionated coconut oil.



- **Frankincense** is great for inflammation, scars, wrinkles.
- **Lavender** is very soothing for wounds, rashes, eczema, bites, stings, burns, blisters.
- **Juniper's** diuretic properties reduce fluid retention while its cleansing properties stimulate circulation and the lymph system to help the body clear out waste.
- **Geranium** acts as a diuretic as well and stimulates circulation and lymphatic flow to reduce puffiness and water retention.
- **Grapefruit** refreshes the skin while toning tissue. Grapefruit oil contains bromelain, an anti-inflammatory enzyme that can help tone tissue.
- **Cypress'** astringent properties tackle skin issues by cleansing, drying, strengthening, and toning the skin. And like juniper, it clears out excess fluids and boosts circulation.
- **Sandalwood** is also a natural astringent to help cleanse our skin, reduce acne breakouts and it's also great for the lymph drainage.

If you haven't used a dry brush yet, I high recommend adding it to your routine!
Start with once a week and then eventually before each shower.

Wishing love, peace, happiness & much health,
Diana and the Breathe Bliss Community

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