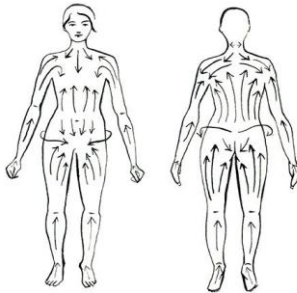


## How to Dry Skin Brush for Detoxification

A daily dry-brush exfoliation can be done before you shower. It eliminates dead skin cells and allows the skin to detox. Since the skin is the largest organ of elimination, this simple process can be a profound part of your health and detoxification program. Dry brush exfoliation also improves lymph and blood circulation and decreases puffiness. Your skin will be soft and supple. An added benefit is that the gentle pressure is calming for the nervous system! To give yourself a dry brush exfoliation, you'll need a soft, natural bristle with a long handle found in any health food store or online. It feels so good, and your skin will improve.

How to dry-brush your skin:

1. Stand in the shower with the water off.
2. Starting at your feet, start brushing in small circles towards your heart. Apply very light pressure, avoiding broken skin, skin rashes, or areas where the skin is thin, such as the face or inner thighs. Be gentle until your skin becomes accustomed to this.
3. After you've finished both legs, move on to your arms. Brush from your fingertips, again towards your heart.
4. Reach around and brush from your back towards your stomach.
5. When you are finished, begin showering.



Center, T.H. (2024). Triad Heath Care Center. Retrieved from triadheathcare.com, <https://triadhealthcenter.com/dry-brushing-for-wellness/drybrushingchart/>.

*Clean your brush with a drop of liquid soap, rinse thoroughly and hang to dry.*



Recommended Brush:

<https://amzn.to/4c81nGv>

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As an Amazon Associate, I earn a small commission from qualifying recommended purchases.

*Disclaimer: This information is provided for educational purposes only. It is not meant to diagnose, prescribe, treat, or cure any condition. If you think you have a medical issue, contact your primary care practitioner. My intention is to do no harm and to educate as I have for the past 30 years in both my clinical practice and with my family.*