

Skin Brushing 101

with dōTERRA

Literally the act of brushing over dry skin (with the right kind of brush), dry skin brushing is done, ideally, before showering or bathing as an incredible daily practice.

Think about it! With no “pump,” the lymphatic system relies entirely on movement to function. It’s why exercise is so crucial yet as we age, often inactivity sets in and the body systems become more and more sluggish. With nearly a pound of toxins needing to exit daily from your skin (about a quarter of total waste excreted), if there’s no way out, it’s reabsorbed, taxing the liver and kidneys and encouraging stored fat, often as cellulite. OH MY!

There are a lot of ways to spend money and time on personal wellness.
Skin brushing is one of the lowest cost methods with a super high ROI!

Skin brushing stimulates connective tissue attached to capillaries and lymphatic vessels sitting just beneath the surface of the skin. Assisting lymphatic flow in ridding the body of metabolic waste, circulation is highly benefited.

bonus

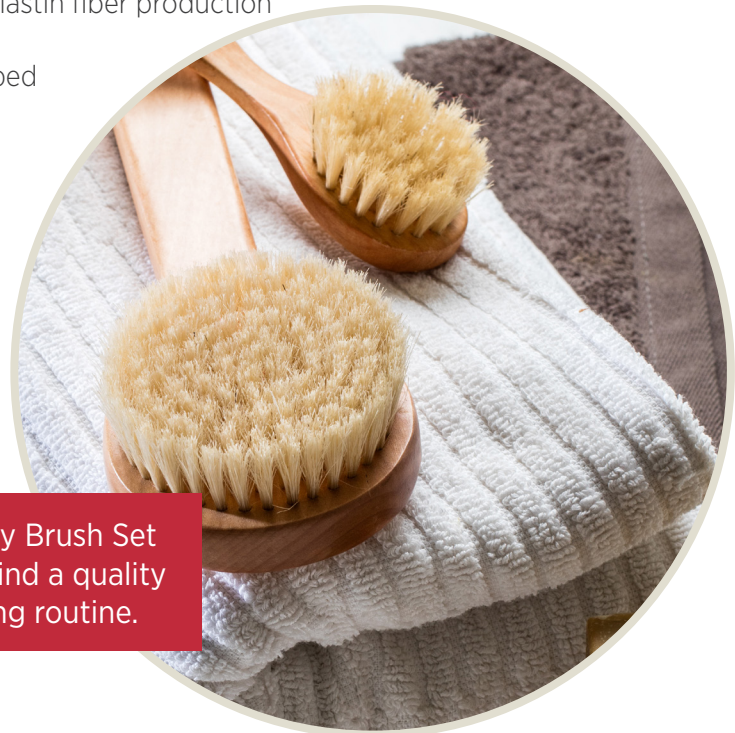
Research shows this practice also helps break down fatty deposits laden with toxins, often the culprit of cellulite. WOW! Now there’s a weight loss aid!

BENEFITS GALORE!

- Exfoliates dry, rough skin, rids body of dead skin cells
- Unclogs pores, encourages skin to “breathe”
- Stretches connective tissue, regenerating collagen and elastin fiber production
- Energizes and invigorates
- Enables moisturizing products to be more readily absorbed
- Calms the mind and reduces stress, comparable to a light whole-body massage
- Stimulates sweat glands and tones skin
- Helps restore and maintain moist, supple skin that feels healthy and alive
- Reduces muscle tension and improves tone

Total win! Feels wonderful and, after a short time, your skin will crave it.

*Search “Dry Brushing Body Brush Set by Rosena” on Amazon to find a quality brush for your dry brushing routine.



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SKIN BRUSHING HOW-TO

Best done in the morning to wake up the skin and flush metabolic waste created while sleeping, brushing is always done dry (the most important part) and is best before showering. Another option is before exercise to warm the muscles.

Use a brush specifically designed for skin brushing with quality bristles (stiff, dense, strong) made from natural fibers (no synthetic fibers) and with a long handle (to reach the back). Easily found online, at health food stores, one expert put it this way, “You want it comfortably uncomfortable, not too soft, but not so stiff it scratches your skin.”

Always stroke towards heart (natural flow of lymphatic system) to benefit circulation. Start with all parts of the feet, then legs, lower parts of body, stomach, sides, arms chest, back, using gentle upward, circular strokes. Avoid the face (other brushes are for that purpose) and areas with scratches or anything making contact with the brush painful. Follow with a shower or bath to complete the removal of dead skin cells.

tip

Enhance these amazing benefits. Add 1 drop **Grapefruit** and 1 drop **Pink Pepper** essential oils to your dry brushing regimen! Place drops on bristles before brushing to boost circulation



ADDITIONAL DRY BRUSHING SUGGESTION:

Grapefruit + Cypress
Turmeric
Copaiba

