

## DRY BRUSHING

### WHY?

Dry brushing is an effective way of exfoliating the skin, promoting circulation and stimulating lymphatic drainage (toxin removal). It is easy, safe, and inexpensive and can be performed by anyone in the comfort of their own homes. It has been found to help keep the skin toned as well.

### HOW?

Procedure:



1. Prior to your shower, stand in the bathtub.
2. Make sure your feet are warm to begin. If they are not, run some warm-hot water on them before beginning.
3. Using a loofah or dry massage brush, brush your body in segments from feet up to shoulders:
  - ❖ Start with your right ankle, leg, thigh and buttock. Small circular strokes.
  - ❖ Change sides. Left ankle, leg, thigh and buttock.
  - ❖ Brush your belly / abdominal area in a clockwise direction.
  - ❖ Brush your chest in a figure-8 configuration.
  - ❖ Brush your right hand, arm and shoulder.
  - ❖ Brush your left hand, arm and shoulder.
  - ❖ Reaching behind your back, try to brush your lower, middle and upper back.
4. Shower as usual (or, if you want to complete the removal of dead skin cells, ensure the water is cool for the first minute of showering before proceeding to regular temperature).

### HOW IT WORKS:

Brushing the skin with a dry glove or exfoliating cloth creates friction on the surface being treated. This causes a stimulation of the circulation and lymphatics, producing a widening of the vessels underlying the skin being brushed. When the vessels dilate in this way, there is a rush of fresh blood and lymph supply to the area – with each fluid bringing with it nutrients and protective support for those tissues.

### WHEN?

Perform treatment in the mornings, before your daily shower.

Great immediately following exercise.

Repeat 2-3 times / week.

### Caution:

Use the dry brushing technique no more than 2-3 times per week to prevent dependence.

Discontinue treatments if there is lasting redness or skin aggravation.

### Do not perform if you have:

- Skin conditions which are easily aggravated
- Sensitive skin which is easily irritated
- Skin lesions, ulcers

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\* References:

Boyle W, Saine A. Lectures in Naturopathic Hydrotherapy. 1<sup>st</sup> ed. Oregon: Eclectic Medical Publications; 1988.  
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