

Dry Skin Brushing

ASSIST THE BODY'S NATURAL DETOXIFICATION PROCESS.



The lymphatic system is a vast web of small vessels, or channels, that run throughout your entire body just below the skin. Think of its function kind of like the garbage disposal of the body: it gets rid of “waste” in the body, whether it’s toxins, bacteria, or excess fluid.

However, your lymphatic system has no ‘pump’ of its own to push the lymph through the body and instead relies on your muscle action to get the job done.

Dry brushing is a great way to stimulate your lymph and eliminate excess toxins and bacteria!

Dry brushing has been practiced for centuries, in which you brush your full body with a natural fiber brush. The coarse bristles on the brush are said to stimulate the pores and promote lymph flow to assist with the body’s natural detoxification process while exfoliating skin

BENEFITS OF DRY BRUSHING

On top of feeling invigorated after a dry brushing session - consistent practice can also help increase circulation and blood flow, exfoliate for healthier-looking skin, aid the lymphatic system with detoxification, and boost immune support!

HOW TO CHOOSE A DRY BRUSH.

You’ll want something that will stimulate the skin without being too rough. Boar bristles, sisal bristles or a loofa are a great choice because it’s the right amount of stiffness without being too abrasive on the skin.

*You can opt for a dry brush with or without a handle. Reaching your back or will likely be easier with a handle, but it’s all personal preference.



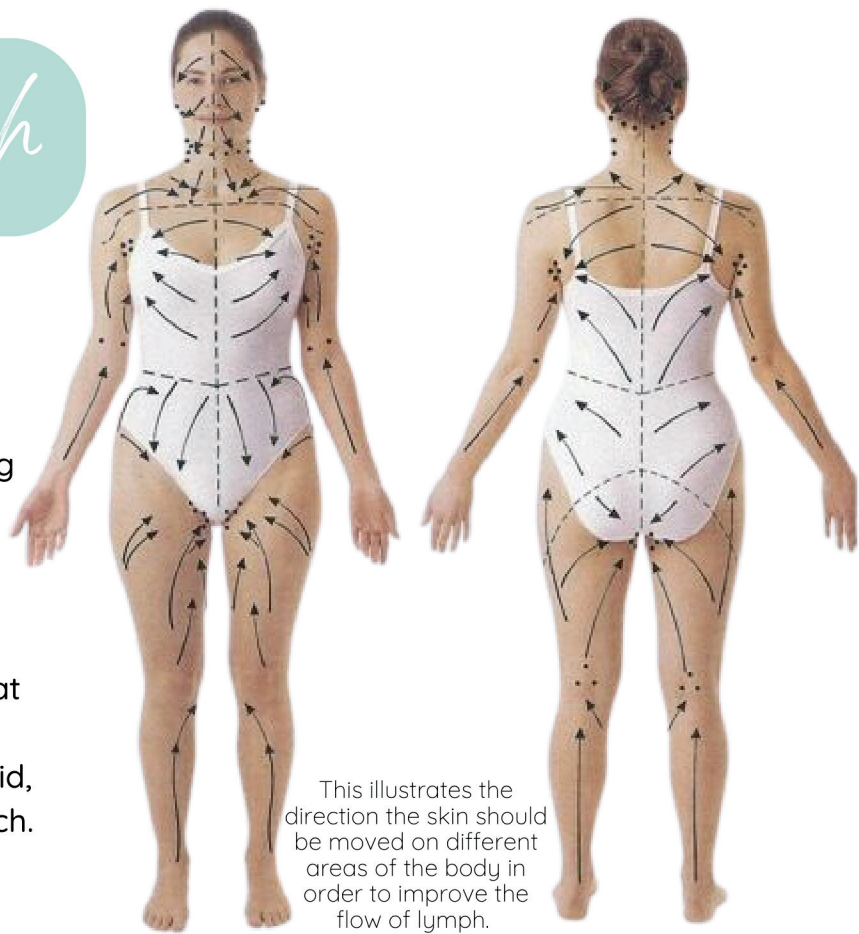
UpRight BirthRight LiveRight

How to Dry Brush

Dry brushing is most effective when it's done on the entire body, so you'll want to remove your clothes. It's recommended to dry brush before you shower because you'll be removing a lot of dead skin that you'll want to wash off.

MASTER THE MOVEMENT

Your strokes should be a medium pressure that is firm but doesn't hurt. Long strokes are the best since you are trying to push up lymph fluid, and that requires a delicate and rhythmic touch.



START AT THE FEET AND MOVE UPWARD

Ultimately we want to encourage lymph toward your upper torso and chest, where the lymphatic fluid will reenter the bloodstream.

Take the legs in sections. Start with the top of the feet, then target the lower leg, the knee, and the thigh. When you work on the back of the thigh, treat the butt as an extension of your thigh and continue upward onto the small of your back. When you reach your stomach we recommend making circular motion to help aid in digestion.

TREAT THE UPPER BODY

Next, start with the hands and go across toward the heart. Do a similar routine as you did with the legs: Brush the back of your hands, work around the forearm, and then around the upper arm. Be mindful to treat under the upper arms with extra attention, since it has a heavy concentration of lymph nodes there.

THEN FINISH WITH NECK AND DÉCOLLETAGE

You'll want to be extra gentle, as it's more delicate skin. Also, here you're deviating from the bottom-up technique—as you are above heart level. Start at the jawline and move down toward your chest. Finish by going over your heart in a circular motion to end your routine.