



THE
VILLAGE CLINIC

be healthy. be happy. just be.

5 Benefits of Dry Skin Brushing

1. Exfoliates Dead Skin - as you get older it is helpful to exfoliate once or twice a week to help renew the skin and remove those dead skin cells for a fresher appearance.
2. Stimulates the Lymphatic System – dry brushing can help your lymphatic system, which removes toxins from the body.
3. Reduces Cellulite – dry brushing may help stimulate the cells and break down toxins from beneath the skin, which may help the appearance of cellulite.
4. Unclogs Pores – unclog your skin’s pores and help your skin absorb more nutrients with dry brushing.
5. Offers Stress Relief – much like a hand massage, dry brushing can provide much needed stress relief and help your body heal much faster from any inflammation that it may have.

How to dry brush...

1. Purchase a natural bristle brush and avoid the synthetic brushes.
2. Remove any clothing and stand in a bathtub or shower to catch the falling skin.
3. Do not wet the skin and dry brush your skin while it is dry.
4. Starting at the bottom at your feet, move in a long sweeping motion toward your heart (stroking away from your heart can cause ruptured vessels and varicose veins).
5. Brush each area several times and overlapping as you go to ensure you do not miss a spot. Be careful over the more sensitive areas (such as the breasts) and don’t be too rough.
6. Once you’ve brushed your entire body, step into the shower and bathe as you normally would.
7. After you have showered, pat your skin dry and apply a natural oil like rose hip, olive or coconut oil to your entire body.