

## Skin Brushing

Skin brushing – also called dry body brushing -- is a simple technique that stimulates blood and lymph flow, [exfoliates the skin](#) and encourages new cell growth. It helps bring nutrients and oxygen to the outer layer of skin (the epidermis). “Although there are no blood vessels in the epidermis, the dermis is rich with blood vessels, and the epidermis receives nutrients and oxygen supply from the dermis<sup>1</sup>”.

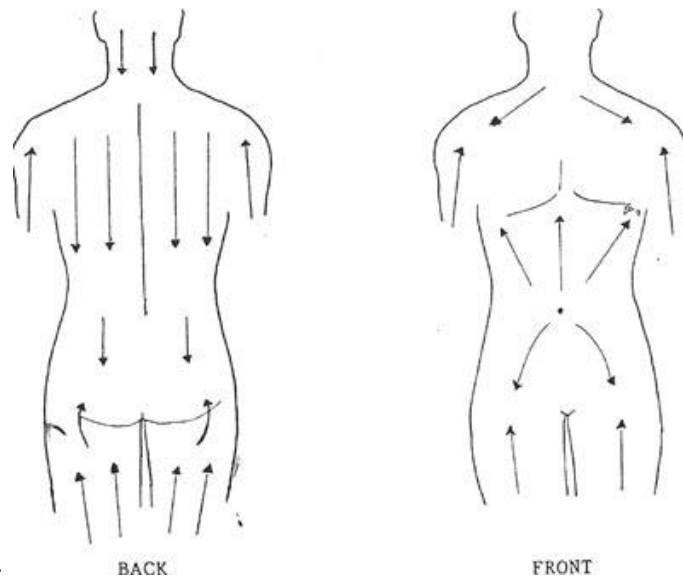
We will use this technique together with Lymphatic drainage and Chinese Massage to enhance your skin natural capacity to expel toxins.

### Tips for Skin Brushing

To brush your skin, start at you feet and sweep up the legs in long, light brisk movements. All skin brushing movements should be towards the heart, to encourage the return of blood and encourage lymphatic flow.

Don't be too rough. Over brushing causes the skin to turn red and become irritated. Avoid dry brushing on the face. Rather, use a dry wash cloth.

You can do it first thing in the morning, when the increased blood flow will help wake you up, or before you take a shower



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<sup>1</sup> Howard Murad, M.D “The Cellulite Solution”.