

# The beauty edit

If you're not already doing it, it's time to start... **Jane Druker** on the power of adding dry brushing to your daily bathing routine.



'Skin is the biggest organ in our body, yet while we spend a lot of time on our faces, we often neglect everything below our necks,' says Kat Jonas, founder of natural body brush specialists Wild & Stone. 'But all-over dry skin brushing can help with so many issues, inside and out.'

It's an insider secret that beauty editors, models and celebrities incorporate into their daily routines. The results are impressive, and it takes just a few minutes every day. Here's everything you need to know.

Dry skin brushing – or body brushing – began with those bath-loving Ancient Egyptians; the practice has stuck around because it genuinely works. Body brushing exfoliates skin, getting rid of those pesky dead skin cells that can block pores, so in addition to making skin softer and more radiant, it also allows it to breathe.

'Body brushing removes dead skin layers to improve both texture and cellular renewal,' explains Kat. It also helps bring natural oils to the

surface, so skin can self-moisturise. And when you pop on body lotion afterwards, brushed skin absorbs it more efficiently.

There are other physical benefits, too. Body brushing, according to Kat, may help improve muscle tone 'by stimulating the nervous system, which in turn fires up the nerve endings and muscle fibres to deliver oxygen-rich blood into the muscles'.

Internally there are other benefits, suggests Kat; the manual massage might even aid lymphatic drainage, which can help remove waste and toxins. 'Drink plenty of water afterwards, as you usually would after any massage,' says Kat.

A couple of tips to bear in mind: if you want to use a detox oil, put it on your skin first, rather than the brush head, otherwise you may compromise the efficacy of the brush. You can practise the method with a loofah but natural bristles are more effective. And finally, you can do it every day or on alternate days, whatever your personal preference.

Beauty



## FOUR OF THE BEST

- BRUSHES:** Use a natural bristle brush for best results – this one by **Wild & Stone** (£12.95, wildandstone.com) has eco-friendly sisal fibre bristles. Get a 20% discount\* when ordering online by using the code 'SAINSBURYS20'.
- OILS:** Using a body oil when you dry brush can help with the detoxifying process. **ESPA Detoxifying Body Oil 100ml** (£36, espaskincare.com).
- DEVICES:** Prefer the ease of an electronic device? The **Sensismooth** (£149, sensica.com) offers the same benefits but does all the hard work.
- SCRUBS:** Use Amanda Harrington's **Advanced Glycolic Body Scrub, 180ml** (£22, amandaharrington.com) once a week in addition to body brushing, to help slough off dead skin cells.

## DRY BRUSH DIY

- Start at your feet and brush upward towards the top of the thighs.
- Brush hips and bottom with sweeping movements towards your heart.
- Next, work on your arms, beginning at the hands and working upwards. Use firm, small strokes.
- For the stomach, work in a clockwise direction, avoiding the sensitive breast area.
- Dedicate at least three to five minutes to brushing.

## SMOOTH IT OVER

*Did you know skin brushing could help the appearance of cellulite? It's thought that regular dry brushing can help distribute the fat layers more evenly,' says Wild and Stone's Kat Jonas, 'which is why people often report that the appearance of cellulite has noticeably improved over time.' Long body brush (£7.50, nealsyardremedies.com).*



This gentle scrub, **Sanctuary Spa Salt Scrub 650g** (£14, [sainsburys.co.uk](http://sainsburys.co.uk)) will complement your routine if you have more sensitive skin.

\*OFFER VALID FROM 21 JULY TO 31 AUGUST, WHILE STOCKS LAST. NOT TO BE USED IN CONJUNCTION WITH ANY OTHER DISCOUNT CODE. ONLY TO BE USED ONLINE AT WILDANDSTONE.COM