

# How To Dry Brush Your Face & The Benefits

## By AyaZen



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## **Dry Face Brushing Every Day**

Dry brushing is an ancient practice that has been becoming more popular. Dry face brushing has several benefits from anti-aging to helping prevent acne to helping with circulation.

Exfoliating your skin is extremely important in your skin care regimen your skin is composed of layers of skin cells. Some dead skin cells remain bound to the skin and can cause your skin to appear dull or damaged if excess dead skin cells build up and are not removed. Exfoliation is the mechanism by which you can remove the dead skin cells. Dry brushing your face will help remove the dead skin cells, increase your circulation of your skin and reveal new skin cells that help the skin appear more glowing.

Dry Brushing and opening up your pores will allow your anti-aging cream to be absorbed into your skin.

By dry brushing will also help with preventing acne. Acne is formed when debris gets trapped under your skin, by exfoliating this will help the prevention of acne.



AyaZen face brushes are made of high quality natural boar bristles. Includes 2 Face Brushes & Cotton Storage Bag

Dry brushing your face can help rejuvenate tired and dull skin by increasing circulation, draining away lymph congestion around the nose and eyes and relieving stress around your temples.

### How To Dry Brush Your Face

1. Start with a clean dry face.
2. Neck – Brush in an upwards motion including under your chin with short strokes.
3. Chin & Jaw Line-Starting at the center of your chin and jaw line brush with upward strokes towards your ear. Do this on both sides.
4. Cheeks- Make soft circular motions and then follow with strokes starting at the side of your nose following your cheek bones toward your temple. Do this on both sides
5. Nose- Make small circular motions.
6. Upper Lip – Starting at the center brush outwards on each side.
7. Eyes – Around your eyes starting at your eye brow next to your nose brush in a circular motion ending under your eye next to your nose. Be gentle under your eye.
8. Forehead – Start with circular motions on your forehead and then finish with upward strokes.