

# Dry Skin Brushing

## By AyaZen

### How To Dry Brush & The Benefits of Skin Brushing



For more information on our products and Dry Face  
Brushing visit our website at [AyaZen.com](http://AyaZen.com)

Questions? Contact us at [Support@AyaZen.com](mailto:Support@AyaZen.com)

## What is Dry Skin Brushing?

Dry Skin Brushing is a technique that has been practiced for centuries. Your skin is the largest organ of your body and is made up of nerves, glands, and cell layers. One third of your body's toxins are excreted through your skin.

Dry skin brushing should be done daily for best results. In the morning before your shower is best, as it will stimulate your skin and energize you. Avoid doing it too close to bedtime.

**AyaZen dry brushes are made of high quality natural boar bristles. If this is your first time dry brushing it may feel a little strange at first, remember that you control the pressure start out gentle and then increase the pressure as you get used to dry brushing. Once you start you will feel the difference.**

### Benefits of Dry Brushing:

**Stimulates Your Lymphatic System** The lymphatic system is responsible for eliminating cellular waste products that are known to contribute to many illnesses as well as premature aging. Dry skin brushing is a powerful detoxification that will help stimulating your lymphatic system and aid it to release toxins.

### Exfoliation

Dry skin brushing removes dead dry skin, improves appearance, clears your clogged pores, and allows your skin to breathe. This type of cleansing helps prevent acne. As our skin matures, the shedding of dead skin cells slows down. The slow production of new healthy cells causes our skin to become dry and dull. Dry skin brushing helps to exfoliate dead cells and stimulate

## **Increase Circulation**

When you dry brush your skin, it increases circulation to your skin, which encourages the elimination of metabolic waste. The stimulation caused by dry brushing also contributes to healthier muscle tone and better distribution of fat deposits.

## **Improve Digestion and Kidney Function**

Dry skin brushing may go even deeper, helping to support your digestion and organ function, it may help with bloating because massaging the lymph nodes helps the body shed excess water and toxins.

## **Reduce Cellulite**

Dry skin brushing helps with increased circulation in the area and softens hard fat deposits below the skin while distributing fat deposits more evenly. It may help to diminish the appearance of cellulite.

## **Increased Energy & Blood Flow**

This is one of the reasons it is suggested to dry brush in the morning, this wakes up your whole body. Many people report glowing and tighter skin with continued use.

## How To Dry Body Brush

The best time to dry brush is in the morning before showering. When brushing, always brush toward your heart, which is best for circulation and your lymphatic system.

Brush your entire body, start at your feet and work your way up your legs, stomach, chest, back and arms including the soles of your feet, palm of your hands and under your arms to get your lymph nodes. Going over each area of your body several times. Avoid your genitals and any areas with irritations, abrasions, including varicose veins.

Don't brush too hard! The pressure you apply while brushing your skin should be firm but not painful. A soft and smooth stroke often works best. Your skin should be slightly pink after brushing but it should never be red or sting.

## Daily Brushing

Daily brushing is very important and you will feel and see the difference in your skin. Dry skin brushing will make your skin softer and will help your circulation and overall health.