

WELLNESS TOOL

Dry Brushing

Dry brushing has many potential benefits, from smoother skin to helping with lymphatic drainage.

It's helps with so many issues, but especially detoxing. The practice of brushing the skin once or twice daily with a soft but firm brush is more common during a detox, but you can get more benefits when it becomes a permanent HABIT – from sweeping away dead skin cells, creating more blood circulation throughout the body, getting more oxygen and nutrients to your cells, stimulating your lymphatic system and even improving the appearance of your skin (possibly some of that cellulite).



A long brush allows you to get at hard-to-reach spots like the middle of your back; the shorter one fits in your hand perfectly, making it incredibly easy to use.

Dry brushing is one of those rare things that feels just as good when you do it yourself as when someone else does it to you, and it's incredibly easy to incorporate into your routine. It's best to dry brushing in the morning, rather than before bed, because it can have energizing qualities. It's also best to shower after skin brushing, then apply oil or lotion.

Ready to get started?

Dry brushes are easy to find at most health and beauty stores. I have some [here](#) that I use and recommend. There are a number of varieties available, from silk bristles to organic fiber, all at low price points. Once you choose the right brush for you, creating a dry brushing routine is super easy. Dry brushing is safe to do daily, and as stated above, typically done right before bathing.

HERE'S HOW: Because you're helping to stimulate your lymphatic system, start at your feet and brush upward toward the heart. Similarly, when you start on your arms, begin at the hands and work upward. Use firm, small strokes upward, or work in a circular motion. For the stomach, work in a clockwise direction. Harsh exfoliation is never the point; be sure not to press too hard or use a brush that's too stiff. The skin should never be scratched or damaged.

Then finish by brushing your belly clockwise. You can even brush your armpits and face – though you may want to consider a delicate facial brush to protect your more sensitive facial skin. [You can find all the brushes you need here.](#) Naturopathica one of the softest dry brushes for the face, if you have very sensitive skin. Remember, our skin is all different, so use the brush that feels best to you.

Once you're done, hop in the shower and follow up with your favorite moisturizer (preferably unscented). Dry brush daily to enjoy the best results.