

# BODY BRUSHING

## So how does it work?

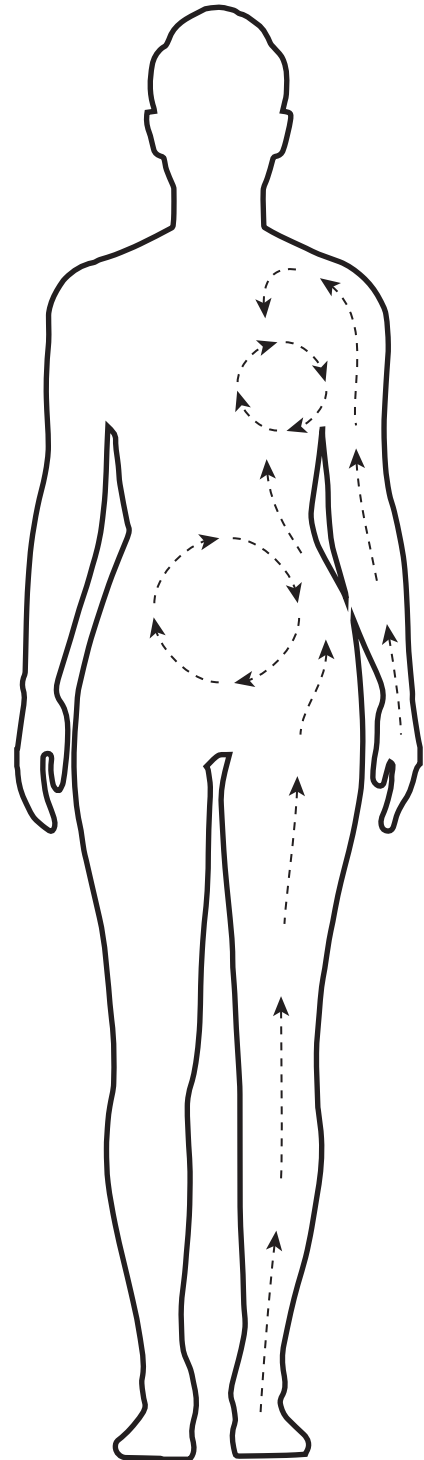
Your skin, the largest organ in the human body, is an organ of elimination. One third of your body's toxins are excreted through the skin and dry brushing helps to unclog pores and excrete toxins that become trapped in the skin.

## To get started, follow the simple steps below:

1. Grab your natural bristle brush (not synthetic) and stand in the bathtub (this will catch any falling skin). Make sure to start with dry skin - no lotions/oils!
2. Begin brushing at your feet and move in long sweeping motions toward your heart. Always brush toward your heart. Brush several times in each area, overlapping as you go.
3. Take care as you brush over more sensitive areas, like breasts. Your skin will become less sensitive the more you dry brush.
4. Once you've brushed your entire body, get in the shower. For best results, alternate between the hottest water temperature you can tolerate and the coldest. This technique stimulates blood circulation by bringing more blood to the top layers of the skin.
5. After getting out of the shower, pat skin dry and apply a natural fruit oil like rose hip or coconut oil.
6. Continue to dry brush your entire body every day. Twice a day is recommended for best results. Remember to clean your brush with soap and water once a week. Leave brush to dry in a clean, sunny spot to avoid any mildew accumulation.

## Some benefits of dry skin brushing:

1. It is a great exfoliator, and helps promote smooth skin.
2. Dry brushing your skin kick starts your lymphatic system, which helps to remove toxins from your body.
3. It helps to reduce cellulite. Cellulite is simply toxic materials that have accumulated in your body's fat cells and are trapped, unable to be eliminated from the body. Dry skin brushing helps to break down any trapped toxins from within the body and help your body eliminate them through its usual elimination channels.
4. Dry skin brushing unclogs your skin's pores and helps your skin to absorb more nutrients. Daily skin brushing promotes healthy,



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