Dry Body Brushing
Benefits: Brush Your Way to Healthy Skin and Much More

by Natalie on April 28, 2013

If you haven’t heard of Dry Body Brushing, it’s possible you may have been living under a rock for the past year or five. Seriously though, apart from the fact that Miranda Kerr and heaps of other health conscious celebs love it, Body Brushing is one of the best things you can do for both your inner and outer health. If you haven’t tried it already, then it’s definitely something you’d want to consider incorporating into your daily or at least weekly ritual. It doesn’t take very long, can be done in the morning or at night, and is also a good chance to take some time out and pay a bit of attention to your body.

What is dry body brushing?

You’ve probably seen that long, odd looking, wooden brush at health food stores and wondered what the heck it was. Well it is actually used to brush over the surface of the skin while it’s completely dry. Wetting the brush causes the bristles to soften and stick together so it loses its effect. You brush your entire body starting from your feet and working your way up (being extra gentle over sensitive areas) using circular motions or brisk upward strokes. The pressure of the brushing should be according to what feels comfortable and it should never hurt. It is best to use a brush with pure plant bristles and choose the level of firmness that you require. Dry Body Brushing should generally be followed by a shower or bath to wash the skin and open the pores.

What Can it do?

Eliminates Toxins

Our lymph nodes are our bodies’ main tool for detoxification. They act kind of like a drainage system by producing lymph fluid that travels all throughout the body gathering toxins and waste. It then moves the waste to places where it can be easily eliminated such as our liver, bowel, bladder, and skin. Sometimes our lymphatic system can become a bit sluggish and might not be working as it should so the toxins and waste aren’t being properly eliminated. Dry Body Brushing can assist in lymphatic drainage by stimulating the lymph nodes and promoting the healthy flow of lymph fluid. For this purpose you will need to brush using upwards strokes towards your heart, as this is the direction that the lymph fluid travels.

Boosts Circulation

Poor circulation can lead to a number of health issues like varicose veins, swelling and water retention, lack of energy and fatigue amongst other things. Most of us spend our work day sitting at our computers with our legs crossed under the desk so our circulation is probably not as good as it could be. Massaging the skin and dry brushing can help to encourage blood flow under the surface of the skin. Dry Body Brushing can also improve skin hydration as it activates oil and sweat glands bringing moisture to the skin.

Reduces Cellulite

It is often said that poor lymphatic drainage can contribute to cellulite in some cases. This is because lack of blood flow as well as weak lymph circulation can cause fluid retention and lead to a build up of toxins in our fat cells, which can stiffen the connective tissue (also known as septa). When the septa stiffens it pushes down on the underlying fat causing it to break through the dermis, resulting in that dimply appearance. Seeing as Dry Body Brushing can help to boost blood flow and stimulate the lymph nodes and circulatory system, it can therefore be a useful tool in reducing the appearance of cellulite.
Exfoliates Skin

One of the more simple and probably obvious advantages to dry body brushing is that it is a really good way of exfoliating your skin. It eliminates dead skin cells along with any other lumps and bumps on the surface and leaves the skin feeling soft and smooth. It can also prevent ingrown hairs, which we all know are a pain in the bum to deal with once it’s too late. Some brushes will come with stimulating beads on the opposite side to the bristles, so I like to use these mid-week if I don’t want to rub my tan off.

It is important to change your body brush regularly as bacteria and dead skin cells can accumulate within the bristles of the brush. If you can’t afford to keep buying new brushes then you can clean your current one by using hot soapy water and then hanging it in the sun to dry, but it is still best to periodically replace it.

Also, something else important to mention is that you should never body brush over inflamed, broken, or sunburned skin.

(Source: www.theapplediaries.com)