

# Dry Skin Brushing for Detoxification

A dry brush exfoliation can be done in the morning before you shower. It eliminates dead skin cells and allows the skin to detox. Since the skin is the largest organ of elimination, this simple process can be a profound part of your detoxification program.

Dry brush exfoliation also improves lymph and blood circulation and decreases puffiness. An added benefit is that the gentle pressure is calming to the nervous system! To give yourself a dry brush exfoliation, you'll need a soft, natural bristle brush with a long handle found in any health food store.

## Step 1

Stand in the shower with the water off.



## Step 2

Starting at your feet, start brushing in small circles towards your heart. Apply very light pressure, avoiding broken skin, skin rashes, or areas where the skin is thin, such as the face or inner thighs.

## Step 3

After you've finished both legs, move on to your arms. Brush from your fingertips, again towards your heart.

## Step 4

Reach around and brush from your back towards your stomach.

## Step 5

When you are finished, begin showering.

