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DRY SKIN BRUSHING

The skin is the body's largest organ. It receives one third of all the blood that is circulated in the body. Therefore the skin should eliminate about one third of all the body's wastes each day. The skin is a main organ of detoxification, when other organs involved with the elimination of toxins are overburdened, the skin may also become overloaded.

Benefits of Regular Dry Skin Brushing

1. It will help to remove dead layers of skin, improving the health of your skin.
2. It will increase the blood circulation to the skin and the underlying organs and tissues.
3. It will help the skin's abilities to eliminate toxic materials.
4. Helps with muscle tone and more even distribution of fat deposits.
5. Increases lymphatic circulation.
6. Gentle pressure provides a calming effect.

Technique

Dry skin brushing should be done on dry skin before taking a shower, or before using an Epsom salt bath. It needs to be done regularly for several months for full benefits.

The only tool needed is a soft, dry, skin brush; preferably with natural bristles and long handle (nylon bristles may damage the skin).

Step 1

Stand in the shower with the water off.

Step 2

Starting at your feet, brush 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 or take Epsom salt bath.