

The Benefits of Skin Brushing

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Removing the top layer of dead skin and stimulating the circulation of blood feeding the skin are essential for maintaining youthful, glowing and supple skin. Skin Brushing has been used throughout the world for centuries, and is making its way back into popularity. Dry skin brushing is one of the best ways to cleanse the skin without removing the protective mantle of acid and oils. It gently and effectively removes the top layer of dead skin cells with its build-up of dirt and acid, and deeply cleanses the pores.

Skin brushing is one of the most powerful ways to cleanse the lymphatic system. Waste material is carried away from the cells by the blood and the lymph. Skin brushing stimulates the release of this material from the cells near the surface of the body. Eventually, most of the toxins along with their carrier cells, primarily lymphocytes, find their way to the colon for elimination.

Skin brushing is most effective with an all-natural vegetable fiber brush. Make sure the brush isn't made of synthetic fiber since this can irritate the skin. A long handle is also helpful for reaching the back and entire body.

SUGGESTED USE: The best time to skin brush is right before your shower or bath. Most health experts recommend brushing when the skin is dry for best results. If you have poison ivy, skin rashes, infections or inflammatory problems such as psoriasis, do not brush that part of the skin.

Begin with very gentle strokes and adapt the intensity of the brushing to match the sensitivity of your skin. There are different theories about the most effective method for brushing the skin. Here is a simple method that works.

The basic principle is to brush from the outermost points of the body (hands and feet) towards the center or the heart. Start by brushing your feet and up your legs with smooth gentle strokes. Brush your hands and up your arms. Brush across your upper back and down the front and back of the torso. Cover the entire surface of the skin except for the more tender skin of the face and breasts.

A slight flush due to increased blood circulation is normal, and shows that your skin brushing is working. Be careful not to brush so hard that your skin turns bright red.

The total process takes only two or three minutes. When you are finished, step into your bath or shower. You will feel an invigorating, tingling sensation over your entire body.

Divinity Natural Body Care can be contacted at www.pranashanti.com