

DRY SKIN BRUSHING

Giving your body a dry skin brush all over makes the skin glow by removing the top dull, dead layer of skin as well as encouraging new cells to regenerate. The gentle massaging motion of the bristles also has a beneficial effect on areas of cellulite, and it is an effective treatment for helping eliminate toxins from the body during a detox programme.

Dry skin brushing is also beneficial for lymphoedema conditions as it removes the dry skin so often experienced with this condition as well as stimulating lymph flow.

Technique: The technique is a simple one. You need a body brush with natural bristles and a much softer brush, or a flannel for the face.

Skin brushing is carried out on dry skin. Start at your feet and work upwards, using upward strokes towards the heart, brushing the legs, then buttocks, then on to the stomach and chest and finally raising your arms above your head stroke down towards the heart. Brush more gently where the skin is thinnest e.g face and always brush towards the heart. This kind of skin brushing, if done daily, is one of the simplest and effective treatments for lumpy thighs and hips that you will find anywhere.

Brushing your whole body in this way will take you between three and five minutes, depending on how many strokes you give to each area. Try to keep a rhythm going and brush immediately before you have a bath or shower so that the dead cells are washed away. Skin brushing is best done in the morning as the acceleration of blood flow has quite an invigorating effect. You should be able to see the difference in your skin after just a few sessions – it will become very soft and develop an attractive rosy glow.

Available for purchase contact Aetiology for further information.

