

BENEFITS OF SKIN BRUSHING

The skin is alive, and your body's largest multifunctional organ with more capillary surface than the heart or lungs. Skin brushing stimulates the lymph system and increases blood circulation in underlying organs and tissues. It activates oil and hormone producing glands by opening pores. It promotes toxin and uric acid removal, regulates the nervous system and enhances the immune function. Skin brushing contributes better elimination of fat deposits such as cellulite. In short, dry brushing is rejuvenating and powerfully affects the nervous system by awakening the nerve endings in your skins.

INCREASED LYMPHATIC FLOW

The lymphatic system belongs to the circulatory apparatus which provides one way for the blood to leave the heart, the arterial system, and two ways for it to return, the venous and lymphatic pathways. The lymphatic system consists of lymph nodes, lymph vessels, the thyroid gland, the spleen, the tonsils, lymphocytes and Peyer's Patches or elongated thickened lymphoid tissue usually found in the ileum

The lymphatic system:

- Returns protein to the cardiovascular system
- Removes excess fluid from the interstitial transporting it into the venous circulation.
- Absorbs nutritional fatty acids from the intestine.
- Serves immunological functions: T and B lymphocytes formed in the bone marrow are stored in the lymphatic tissue. The lymphatic system concentrates foreign matters in certain lymphatic organs and circulates lymphocytes which will destroy and eliminate the foreign substances from the body.

This system represents an accessory route by which fluid can flow from the interstitial spaces into the blood. Most importantly the lymphatics carry proteins and large particle matter away from the tissue spaces. Neither of these can be removed by absorption directly into blood capillaries. When the lymphatic vessels transport the excessive waste fluid away from the intercellular spaces and return it to the bloodstream playing a crucial role in reducing toxic load in the body. The superficial lymph vessels terminate just below the outer layer of the skin and join with the deeper lymphatic vessels. By stimulating the superficial vessels, we affect the activity of the entire lymphatic system.

INCREASED CIRCULATION

Return blood flow through the veins is supported by muscular contraction and vein constriction. Skin brushing stimulates the muscles and nerves of the skin thereby improving overall venous circulation. These same mechanical effects directly enhance capillary circulation resulting in the overall improved nutrient delivery to tissues along with waste material out of the body.

REGULATES NERVOUS SYSTEM

The skin is impregnated with nerve end fibers which play an important role in nervous system activity. Skin brushing has a direct effect on these nerve endings resulting in a combined relaxed and tonifying response. Decreased muscular tension affords better lung capacity, improved digestion and bowel movements, increased blood circulation and lymph drainage as well as clearer thinking. It is often used for children with sensory integration issues as it helps modulate their over sensitive nervous system.

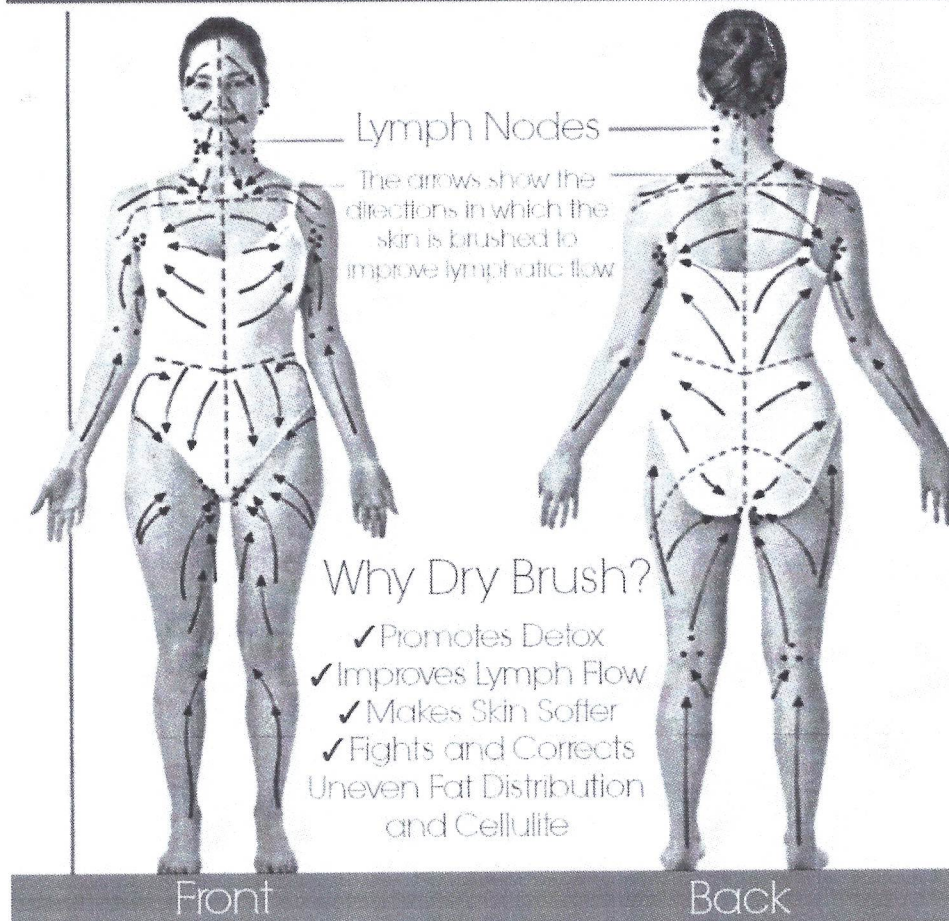
WHEN TO SKIN BRUSH

Skin brush before your shower, bath, sauna, hot tub, swim or during an early morning sunbathing session. Successful invigorating skin brushing is done by breathing deep with each motion (sweep), in and out from your low belly. Light pressure is better when moving lymph fluid. You do not need to scrub or brush hard. When the skin becomes a pinkish hue, is a good sign of increased circulation. Set an intention that you are willing and choose to release any and all toxins from the mind, body and spirit.

HOW TO DRY BRUSH (follow arrows on guide)

1. Begin at your collar bone. Sweeping down the neck along the upper trapezius and collar bone.
2. Sweep across the pectorals and down your arm and fingers, sweeping up towards the armpit. Brush armpit several times. Repeat on the other side.
3. Sweep across chest and breast region towards heart.
4. Sweep up along ribcage towards armpit.
5. Sweep from nipple towards sternum. Repeat steps 1-4 on other side.
6. Sweep under breast / chest region towards armpit.
7. Start at navel and move up diagonally towards armpit. Repeat on the other side.
8. Start at navel and move down diagonally towards groin. Repeat on the other side.
9. Start at hip and sweep toward groin. Repeat on the other side.
10. Start at foot and sweep up towards groin (don't forget the back of your legs / knee). Repeat on the other side.
11. Sweep hip and buttock region towards groin.
12. Go back over sternum and collar bone.
13. Sweep down neck several times. Repeat on the other side.
14. Sweep down handlebar mustache, chin and neck.
15. Sweep across cheek towards ear and jaw. Stimulate ear and jaw area well.
16. Continue sweeping towards ear and jaw for the remainder of the head.
17. Sweep down neck.
18. Finish where you began – sweeping along upper trapezius and collar bone. Repeat on other side.

Guide to Dry Brushing



If you enjoy using essential oils, you can rub Cypress or Spearmint on your brush and/or skin during the skin brushing session. Test the skin prior to verify if you have a sensitivity.

To cleanse and purify your brush, rinse with water and a drop of mild soap, or wipe down with witch hazel and a clean smooth cotton cloth. To dry, clean the brush in the sun or on the top of your clothes dryer.

If you do not have a brush, you can use exfoliating gloves or a dry washcloth. You could also use a sonic brush (e.g. Clarisonic, Solo Mio) with micro-vibrations in the same manner.

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