

# HEALTHFUL ELEMENTS



## **Dry Brush Exfoliation**

The skin is the largest organ of the body and is responsible for releasing toxins through the pores. Dry brushing exfoliates the cells of the epidermis and opens up the pores, which allows toxins to be released and promotes better product penetration. Dry brushing also helps stimulate circulation, which can be beneficial for cellulite treatments or detoxification.

### Cellulite Reduction

Dry brushing can help stimulate circulation in the underlying tissues of the area being treated and reduce the appearance of cellulite. Skin brushing helps to diminish cellulite by bringing nutrients and oxygen up to the skin's surface from the dermis layer to the epidermis. This helps to even out the dimply appearance of cellulite and restore a healthy glow to the skin.

### Glowing Skin

Dry brushing the skin has a profound effect on the skin's health and glow. It sloughs off dead skin cells, thus revealing the new skin cells underneath. Dry brushing helps the skin "breathe" by opening up the pores to allow more oxygen into the skin, which makes the skin appear healthier and rejuvenated. By removing the dead skin cells and improving circulation under the skin's surface on a regular basis, the skin will respond with a healthy glow.

### Detoxification

According to Dr. Bernard Jensen, our skin is meant to release up to 2 lbs of toxins each day. If the pores are clogged, their function is diminished, and the toxins can be stored in the body.

Dry brushing helps to remove the dead skin cells blocking the release of toxins through the pores. Once the dead skin is exfoliated, the pores are open and can expel toxins more easily. Dry brushing increases circulation of the lymphatic system, which helps the body detox through the skin, and other elimination systems within the body.

*The above introduction is sourced directly from [livestrong.com](http://livestrong.com)*

**The only tool needed is a soft, dry, skin brush, preferably with natural bristles.**

### 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. Avoid brushing the breasts.

### Step 5

When you are finished, begin showering.

### **Healthful Elements LLC**

Holistic Nutrition and Hormone Coaches

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