

Dry Skin Brushing

Dry Skin Brushing is a simple, economical, good way to cleanse the skin, and the entire internal body including the lymphatic system. Dry Skin Brushing means lightly brushing the surface of the body in a specific pattern, with either a loofah, or a soft dry natural fibre brush, or a cotton facecloth, or simply your hands. This article will focus on using a cotton facecloth and dry table salt and bicarbonate of soda as the "brush".

Here is an example of standard methods and benefits of Skin Brushing:
<https://well.org/healthy-body/how-to-dry-brush/>

Skin brushing takes only a couple of minutes, needs only be performed once a day, preferably first thing in the morning, followed with a shower or bath, to remove waste from the skin. A benefit is that digestion may soon improve, and skin may develop an attractive inner glow

If you're feeling sluggish, toxic, or ill, you may want to miss a few days or a week, to slow the process. Or you could do it twice a day, to speed up the elimination process. Please speak to your medical person for advice on how you should proceed.

Precautions about dry brushing

Do not brush the open eyes. !

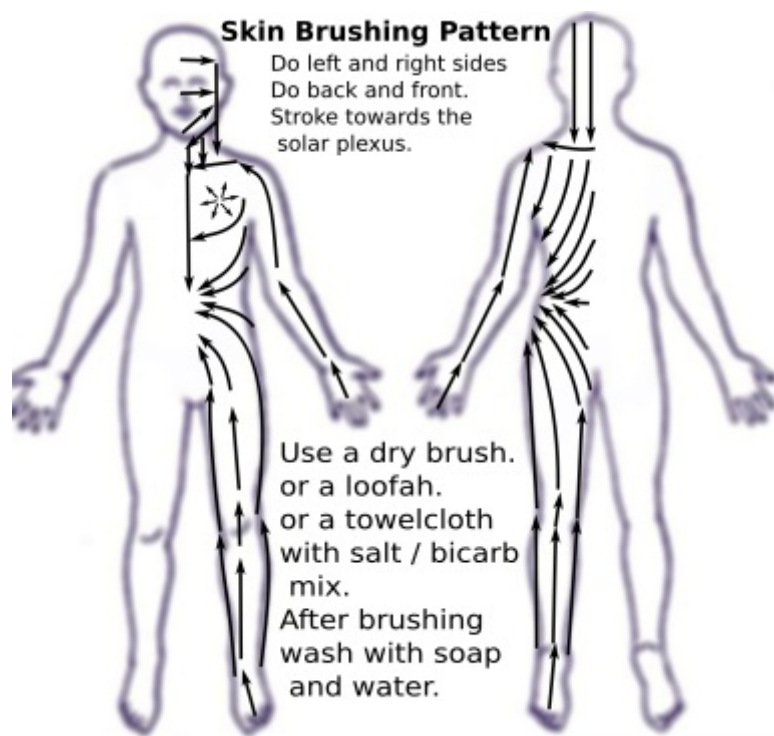
Dry brushing may not be for everyone. If you have sensitive skin or a broken skin condition, please speak with your doctor before dry brushing.

Some people should avoid dry brushing or proceed with caution. People with open or inflamed skin, including people with eczema, psoriasis, acne, infection, sunburn, moles, warts, or open wounds, must avoid sensitive areas and anywhere the skin is broken. Avoid areas with bruises, rashes, wounds, cuts, infections and inflamed areas.

Brush Method

The body should be dry and naked, and the brush should be swept two or three times in the same direction, across every surface of the body. Do not use the bristle brush on the face; rather brush the face with hands or a cloth.

Just sweep the brush across the skin in long smooth strokes in the direction towards the front of the chest and towards the solar plexus. Do not sweep back and forth, scrub, massage, or rotate the brush on the body.



Skin Brushing Pattern

- Brush the face from forehead to chin and from centre across to front of ears, then down the side of neck to shoulders in front. Brush around the eyes. Do not brush open eyes.
- Brush the head from forehead backwards, down the neck onto back of shoulders, then brush onto top of front of shoulder.
- Brush up the arms from fingers to shoulder outside and armpit inside.
- Brush up the outside and back of legs, from heels to waist.
- Brush up the back from waist to top of shoulders at the back.
- Brush front and inside of legs from toes to solar plexus.
- Brush down the neck from jawline on to chest.
- Brush across front of shoulder towards the centre.
- Brush down from throat to solar plexus.

After a few days, you may notice a gelatinous mucoid material in your stools; that's toxic lymph which has drained into your colon owing to skin brushing.

For a thorough lymphatic cleansing, perform skin brushing daily for about three months. Thereafter twice a week should be sufficient to keep your lymph quite clean, but you should resume daily brushing whenever you get the chance.

Salt and Bicarb dry skin brushing .

This method details how to use a cotton facecloth and a dry salt mix instead of using

a loofah or natural bristle brush.

- Use a saucer of 1/3 fine table salt and 2/3 bicarbonate of soda, mixed to form a dry powder for skin brushing. (Half and half salt /bicarb is also good.)
- Fold a 30cm cotton facecloth into a pad, dampen the facecloth, then dab it onto the powder.
- Do long "brush" strokes over the skin towards your chest and solarplexus, as detailed above.
- Then have a warm bath or shower to remove the loosened skin wax and debris.
- Go gently on the tender places; groin, inside wrists and elbows, armpits, under breasts, under the jaw and the back of ankles and knees.
- You can work a bit harder on the backs of arms, front of legs and the back of buttocks and between toes and fingers.
- Do not abrade the skin, work just hard enough to stroke the flesh inside and to scratch the surface a bit.
- Be careful about standing with wet feet on the salt/bicarb powder; it can be quite slippery.
- Apply your favourite skin oil or lotion. (You could use a few drops of olive oil into a wet cupped hand, rub hands together and spread that all over your damp skin.)

... from Polarity Therapy notes.

Please ensure that you drink enough water daily. This will help to get rid of internal waste.

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Rev 5, 2024-08-01