

SILKY SMOOTH SKIN WITH BODY BRUSHING THE SECRET TO A YOUTHFUL, HEALTHY GLOW

By Dr. Samadhi Artemisa, PhD, AP

What are your thoughts about your skin when you look in the mirror? Most of us scrutinize every blemish, brown spot, mole, patch of cellulite and wrinkle while we secretly wish for the Fountain of Youth. I am sure you've brushed your hair many times but have you ever brushed your skin? Body Brushing is one of the least expensive and easiest home remedies for softer, healthier skin.

Body Brushing is a beautifying and cleansing technique used to help the body eliminate toxins through the pores of the skin. Our bodies naturally detoxify over a pound of waste through the skin each day. Body brushing is beneficial for the skin itself, as well as the lymphatic system, the urinary system and the immune system. Brushing increases circulation and therefore nutrition, detoxification, and drainage throughout the body. Swollen, painful, congested, or injured areas can benefit from brushing as lymph is swept away from these sites into the lymphatic circulation for cleansing.

BODY BRUSHING BASICS:

You will need one inexpensive piece of equipment called a body brush and these simple instructions to get started. Brushes can be purchased in health food stores and drug stores for under \$20. Select the brush by rubbing it on your hand to test the firmness. Start with a soft brush and keep in mind this is a nurturing technique.

WHEN TO BRUSH:

Take 5 minutes to brush daily before your shower or exercise. Always brush when your skin is dry.

HOW TO DO IT:

Think of brushing your skin like stroking a baby or young child's skin. Gently glide your brush on your skin using straight strokes or circular strokes; do not use firm pressure. Your goal is to exfoliate the top layers of the skin by repeating the strokes five times in each area. This is a gentle technique – be kind and loving to your body. Take comfort in knowing you are doing something great for your health and your relationship with yourself.

BRUSHING YOUR EXTREMITIES:

Brush from your feet up toward your heart. You may prefer to sit in a chair to make it easier to reach your feet. Be sure to brush the tops and bottoms of your feet and in between your toes.

Brush your palms, backs of your hands and in between your fingers up toward your heart to enhance



your body's natural circulation of lymph and blood.

BRUSHING YOUR FACE:

Use extremely light pressure when brushing across your forehead toward your temples. Brush gently down your cheeks toward your chin, and then from your chin down the front of your neck.

BRUSHING YOUR BACK SIDE:

Scrub your back up and down or however you can easily reach; a brush with a long handle will be more versatile than a shorter handle for this purpose. Brush your buttocks in a circular direction being thorough over areas of cellulite. Remember to think loving thoughts!

Take extra time to brush your joints, areas where you have scars, muscle pain, injuries, and any area that can benefit from extra support. Do not brush open cuts or sunburned skin.

Finish your Body Brushing session with a contrast shower. Alternate the water temperature between hot and cold for several cycles. A contrast shower opens and closes the pores of the skin; it is invigorating and rejuvenating. Finish your shower with a cool rinse.

CLEANING YOUR BRUSH:

Clean your brush once a week. Fill a glass bowl with water and 1 tablespoon vinegar. Immerse the brush in the cleaning solution for thirty minutes. Hang your brush to dry in the sun for several hours.



TIPS FOR HEALTHIER SKIN IN JUST 5 MINUTES A DAY:

Sometimes what you do to your skin is worse than what you don't do for your skin. Most of the patients I work with tell me they slather their skin with lotion after every shower and wear tight fitting clothing for hours each day. Now that you have cleansed and exfoliated your skin, here are some tips to keep it healthy:

LET YOUR SKIN BREATHE.

Topically applied oils and lotions clog the pores and don't allow the skin to breathe, sweat, or detoxify. Body Brushing stimulates your skin to secrete its own natural oils; you may eliminate the need for lotions and creams completely. Your skin will become silky smooth after just a few days.

Tight fitting synthetic fabrics such as panty hose, spandex workout clothes and polyester restrict circulation to your skin.

Loose fitting cotton clothing will allow your skin to breathe and detoxify.

Gentle or vigorous exercise 3 or 4 days per week

will improve circulation to your skin and entire body.

BREAK A SWEAT DAILY.

Stay well hydrated; drink 8 glasses of water per day.

Eat healthy fats; omega 3, omega 6 and omega 9 oils nourish and feed your skin; these naturally occur in all seeds such as flax seeds, hemp seeds, pumpkin seeds and sunflower seeds.

Dedicate just five minutes each day to loving your skin through body brushing. As your skin gets softer from brushing you will love how soft your skin feels and enjoy the new glow.

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