

Proper Dry Brushing *Techniques*

*Tips & Tricks for Getting the Most
Out of Your Dry Brushing Routine*

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luxury bath brushes + accessories





Thanks for purchasing this eBook! Dry brushing is an important part of any skin care regime, so congratulations on taking the first step towards a healthier, happier you! By the end of this book you'll have learned all about the benefits that come along with dry brushing, what techniques you should utilize to be dry brushing like an expert in no time, and how you can ensure your brush stays in tip top shape.

Please note that this book is not intended to be a substitute for the medical advice of your doctor or physician. The reader should regularly consult a physician in matters relating to his or her health, and especially in regards to any symptom(s) that may require professional diagnosis or medical attention.

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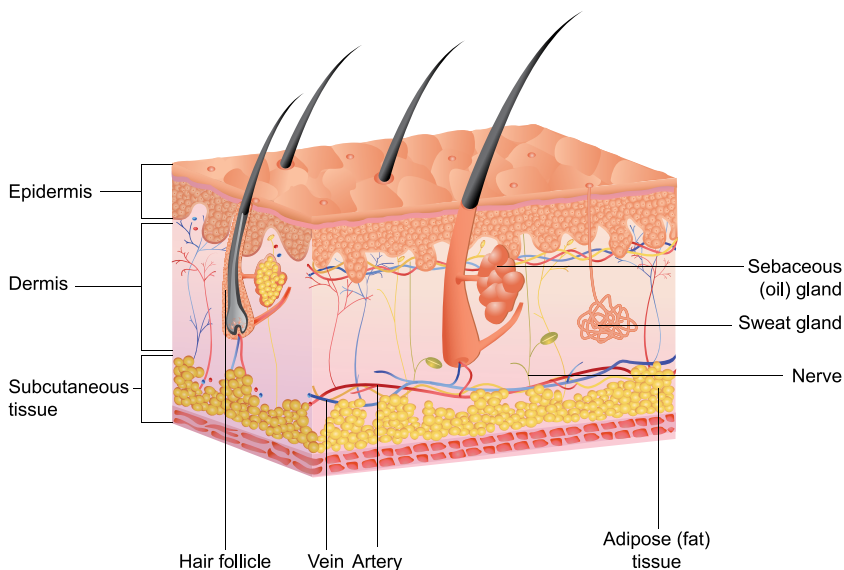
TABLE OF CONTENTS

What is Dry Brushing?	4
Benefits of Dry Brushing	7
Improve Circulation	7
Release Toxins & Improve Lymphatic System	7
De-Stress	9
Improve Skin Quality & Stimulate Cell Growth	9
Potentially Reduce Cellulite	10
Precautions When Dry Brushing	11
Techniques	13
Preparation	13
Dry Brushing Steps	14
Directional Patterns for Proper Dry Brushing	15
Tips & Tricks	18
Brush Care	19
References & Further Reading	20

WHAT IS DRY BRUSHING?

If you've picked up this eBook, you're probably wondering what exactly dry brushing is. At first glance, dry brushing is exactly what it sounds like – ***brushing the skin with a dry brush*** – but there is a bit more to it than that. A proper dry brush must be used and certain techniques followed in order to receive the most benefits and get the healthiest skin possible.

Your skin is the largest organ in your body, so it deserves to be treated with plenty of care and respect. The health and wellbeing of your skin is also linked to other organs and internal systems throughout your body – so while you may not think that the health of your skin has anything to do with your internal organs, it actually matters quite a bit! Indeed, dry brushing is an excellent way to invigorate several major processes and organs within the body, as we will detail for you in the next chapter.



Dry brushing has been utilized as a skin care technique for centuries, first coming to prominence and widespread use in Russia and the Scandinavian countries. More recently, starting in the 1980s, a Finnish doctor named Paavo Airola began prescribing this technique to his patients in order to aid detoxification, exfoliation, and skin stimulation. Nowadays, there are a variety of dry brushes and technique manuals on the market, all claiming to be the best and most effective – but in this eBook, we will show you what exactly you need to look for in a dry brush, and what tips to follow when dry brushing.

Before you begin reading about the benefits of dry brushing and our top tricks for dry brushing effectively, you should first ensure that you have the right kind of brush. It's important for your dry brush to be made from natural bristles, as synthetic bristles can irritate your skin and can succumb to damage more easily. You'll read more about caring for your brush in a later section, but for now let's turn to the incredible benefits that can result from dry brushing!



BENEFITS OF DRY BRUSHING

There are several great reasons to start dry brushing, as this routine will have powerful and far-reaching effects on your entire body. For maximum benefits, make sure to include dry brushing in your bath and beauty routine at least 2-3 times per week!

IMPROVE CIRCULATION

First, the simple act of brushing in circular motions from your feet all the way up to your arms and torso will help to improve circulation throughout your entire body. This improved and increased circulation will help you feel more energetic each morning you dry brush, as well as prepared to face whatever the day has in store for you. This increase in circulation will also help improve the overall functioning of your body: blood and nerves will be able to move more efficiently through your veins and the nervous system, and you may even experience greater mental clarity as a result.

RELEASE TOXINS & IMPROVE YOUR BODY'S LYMPHATIC SYSTEM

Another noteworthy health benefit of dry brushing is the potential improvement to your body's lymphatic system. This important internal system is responsible for eliminating cellular waste products. Thus, the more efficiently this system is working, the better you'll feel! Within your body, a process known as lymphatic drainage takes place: lymphatic tubules collect waste from your various tissues and transport this waste to your blood for elimination. But if the lymphatic drainage is slowed down or otherwise not working properly, waste and toxins can build up in your body, causing you to become sick or feel rundown and unlike yourself. Through the power of dry brushing, however, you can stimulate your lymphatic system and get the drainage process back on track. In short, you'll be detoxifying your entire body!



*“Give your entire body
a healthy glow
and complexion,
and also encourage
better nutrient
absorption...”*

DE-STRESS

While many of the benefits of dry brushing relate to our physical bodies, there are also some mental health benefits as well! At a basic level, simply taking the time to dry brush your skin each day or several times a week signals to your brain that you are relaxing and unwinding from a busy or hectic day: and you're worth it! In addition, the physical act of dry brushing is incredibly potent. Indeed, some dry brushers describe the circular motions used in the exfoliation process as almost meditative. This mental relaxation, combined with the invigorating effects of exfoliation, will help soothe both your body and mind.

IMPROVE SKIN QUALITY & STIMULATE CELL GROWTH

Dry brushing will improve the look and feel of your skin in several ways, making it soft to the touch and also incredibly healthy and clean. In fact, many people initially purchase a dry brush to achieve these benefits. Exfoliating with a dry brush will both unclog your pores, giving your entire body a healthy glow and complexion, and also encourage better nutrient absorption when you go to moisturize in or after your shower. Exfoliating with a dry brush several times a week will also get rid of excess dead skin cells, making your skin both smoother to the touch and brighter to your (and others') eyes – your skin will be beautiful inside and out!



“Dry brushing may aid in softening the hard fat deposits that reside right below your skin.”

POTENTIALLY REDUCE CELLULITE

While the evidence is more anecdotal than scientific, many users speak to the ability of dry brushing in helping to reduce cellulite, thereby making skin appear and feel firmer and tighter. This is because dry brushing may aid in softening the hard fat deposits that reside right below your skin. These hard fat deposits are thereby distributed more evenly, potentially leading to the reduced appearance of cellulite and even improved muscle tone! Another way that dry brushing may improve the appearance of cellulite is through its ability to remove the toxins that can break down connective tissue, which causes cellulite to begin with. While this benefit of dry brushing still needs a bit more study, it is certainly a great reason to start dry brushing today!

PRECAUTIONS WHEN DRY BRUSHING



While dry brushing is an important part of anyone's bath routine, there are a few precautions you should take both before and during your dry brushing session.

- Never dry brush over skin where there is active inflammation present, such as an open or healing wound, varicose veins, inflamed or open sores, or sunburnt skin.
- Never dry brush areas of skin that are experiencing an active cancer state or over enlarged lymph nodes.
- When dry brushing, be sure to avoid your breasts and genital area.
- If you are pregnant, always seek your doctor or health care professional's advice first before starting a skin brushing regime.
- Be aware that a slight reddening of the skin (erythema) is normal: this is the blood circulation responding to your dry brushing that area of skin.
- If an allergic reaction occurs, immediately stop dry brushing. Be sure to tell your doctor what happened after you dry brushed: while this reaction could be a sign of your body detoxing, it is still best to seek advice from a medical professional.
- Dry brushing actively exfoliates the skin, sloughing off any dead or damaged skin cells. Therefore, regularly washing the brush is essential to ensure the removal of dead skin from the bristles.

If you ever have a question or concern about your body's reaction to dry brushing, be sure to seek advice from your doctor, homeopath, or other healthcare professional. You only have one body, so it's always better to treat it with extra care, caution, and respect!



TECHNIQUES

While you may think dry brushing is as simple as picking up a brush and running it up and down your body, you are sadly mistaken! In order to receive some of the incredible and life-altering benefits described above, there are several techniques to implement when dry brushing. But don't worry! This step-by-step guide will show you how simple and easy it is to dry brush your body, and in just a few minutes!

PREPARATION

Even before dry brushing, there are a few things to keep in mind. First and foremost, make sure you're using a high quality and all natural bristle body brush, whether the bristles are plant or boar-based. While this natural material should be the same no matter what body brush you use, the strength of the bristles can vary from brush to brush: bristles can be soft, medium, or firm, so choose a bristle strength that matches your individual requirements and comfort levels.

Secondly, you should perform dry brushing on dry skin only. Brushing dry

***“Make sure you're using a high quality
and all natural bristle body brush...”***

skin will provide the best stimulation and exfoliation and, in addition, when the brush's bristles are wet, they become soft and even clump together, keeping you from getting the results you're after!

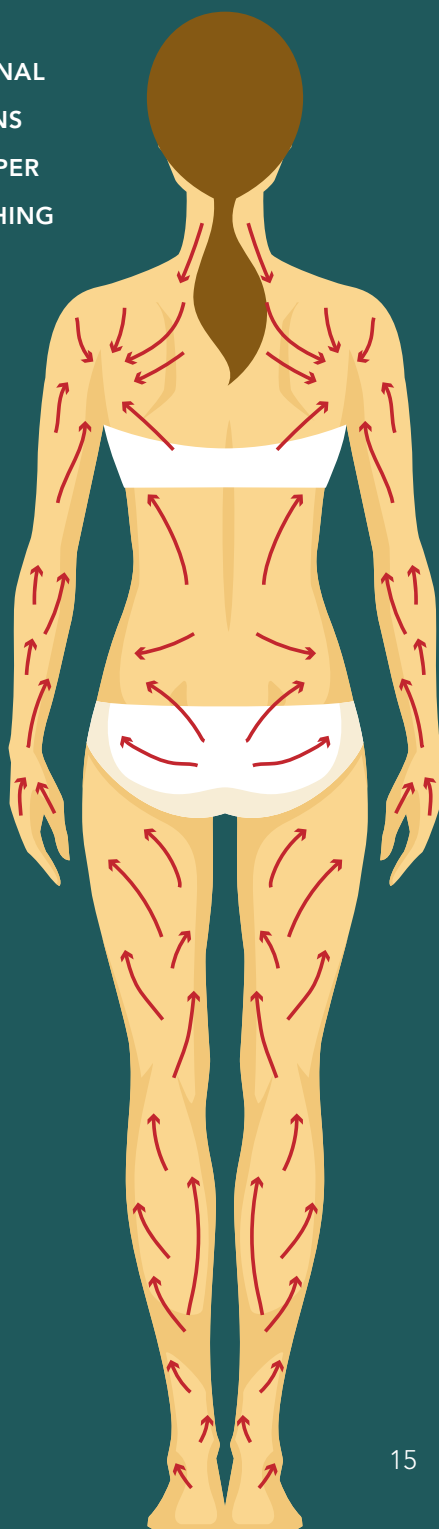
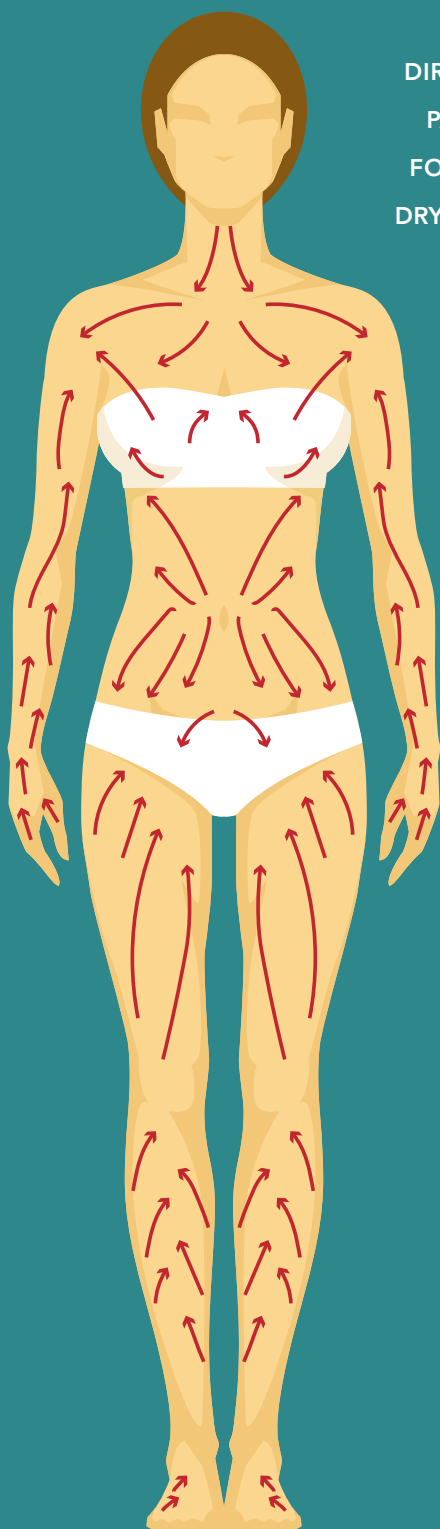
DRY BRUSHING STEPS

Once you're all set with your materials and have set aside about 10-15 minutes of your time, you are ready to get started! As you dry brush, it's important to start at your feet and work your way upwards, always brushing up towards the heart/chest area: this is where the lymph system drains, so brushing in this direction will ensure the efficient release of toxins. As you go through the dry brushing process, aim to brush each section of skin about 7-10 times to ensure that you've gotten rid of all the dead skin cells.

Now it's time to begin! Simply follow the steps below and you'll be on your way to healthier skin (and a healthier body!) in no time.

- **Start with the soles of your feet.** You should brush in between your toes and then stroke the dry brush from your toes to your heel 7-10 times. If you feel any sensitivity at any time during this process, feel free to follow each brush stroke with a soothing sweep of your other hand. As you continue with your feet, move to the top of each foot and brush in one stroke from the top of your toes to your ankle, ending at the Achilles tendon behind the ankle of each foot. Make sure to cover both sides of each foot, working from left to right.
- **As you dry brush your legs, think of each leg as divided into four sections: front, inside, back, and outside.** Starting with your lower leg, make a sweeping brush stroke up from your ankle to the back of your calf, then up to under your knee, brushing for about 7-10 strokes per area. Then, brush from your ankle to the inside of your calf, from your ankle to the front of your shin, and finally from your ankle to the outside of your shin and up to your knee. To finish with the lower leg area, brush twice across your knee, moving from left to right and then back again: this will help in

DIRECTIONAL
PATTERNS
FOR PROPER
DRY BRUSHING



draining any excess fluid build up in your knee joint, which is a real trouble area for many people!

As you move to your upper leg, brush from the knee up to the outside of the quadriceps, then from your knee up the front of the quadriceps, and finally from your knee up the inside quadriceps, going right up to the groin: this is where a major lymph node resides, so make sure to brush this area thoroughly in order to improve lymphatic draining and the overall functioning of your body. The last part of your leg that you need to brush is from the back of your knee up along the hamstrings, ending just under the buttock.

- **Next, it's time to brush your buttocks and back.** If you find these areas hard to reach, you may want to invest in the ***bath body brush by Rengöra***, which has an extended handle that's able to reach even those seemingly impossible areas of the back. When dry brushing your buttocks, start at top of each buttock, brushing outwards towards your hips. Then, from the base of the buttock, sweep upward to the outside of your hip. Sweep back again to top and repeat 7-10 times.

To dry brush your lower back, start the brush stroke from your lower spine and then sweep upwards and out to the side of your torso. Next, brush from your lower spine all the way up to your shoulder blades on each side. Finally, from the middle of your spine, brush across your shoulder blades and towards your armpits: this will help you hit another major lymph area and ensure that you're thoroughly releasing those toxins!

- **When dry brushing your torso, start at your navel and brush downwards towards the lymph groin area.** Next, brush outwards from navel to the hip

joint, repeating 7-10 times on each side. For your upper torso, start at your navel and brush outwards to your waist, before brushing up towards your armpit, and then from your navel upwards to just under the breast line.

- **Lastly, you should dry brush your arms and hands.** Begin by gently brushing between your fingertips, the palm of each hand, and wrists, making sure to brush back and forth on both sides of your hands and using upward strokes.

For your arms, first start by brushing from your fingers up the entire length of the arm in one sweeping stroke. Next, dry brush over the elbow a few times before brushing up the arm towards your shoulders. After brushing each arm, brush the armpit using a small, circular, clockwise movement: this is the location of a major lymph node, so it is incredibly important to stimulate this area in order to efficiently eliminate toxins from your body. Dry brushing your armpit will also keep your pores open and healthy to assist your body in expelling sweat.

“Starting a regular dry brushing regimen will make your skin look and feel great!”



TIPS & TRICKS

Now that you have the basics of dry brushing down, why not follow some great tips and tricks to get the most out of your dry brushing experience? Feel free to incorporate these into your first dry brushing session, or wait until you feel a bit more comfortable!

- No matter which part of your body you're dry brushing, you should generally try to stroke upward and in one movement.
- When dry brushing, adjust the pressure to your personal comfort level. This may include alternating between tough and soft bristle brushes, or by applying more or less pressure depending on the area of the body and how sensitive your skin is.
- During your dry brushing session, work from the left side of your body to the right. This will help push toxins towards your lymph nodes in an orderly fashion, and create rhythmic, calming motions to help relax your entire mind and body.
- It is best to follow your dry brushing session with a shower or bath: this will allow you to take advantage of your freshly opened pores to get an even deeper clean than usual. A great product to use for getting both that extra deep clean and gentle exfoliation is the Rengöra **loofah back + body scrubber** – and it reaches even the toughest-to-get spots!
- After dry brushing and showering, be sure to moisturize thoroughly, either with



a moisturizing lotion or essential oils. This will further improve the softness and quality of your skin that the dry brushing process started!

BRUSH CARE

Now that you have an idea of why, when, and how to dry brush, it's time to discuss how to care for your dry brush so that you can keep using it for years to come!

- Don't forget to clean your brush occasionally using warm, soapy water. You can part the bristles and examine them more closely if you're afraid that some stubborn dirt has been trapped.
- Make sure to air dry your brush after each use and after washing it. Both the wooden handle and the natural bristles can be damaged when soaked in water, so be sure to shake off any excess water and let the brush dry naturally between uses.
- To care for the wooden handle of the brush, oil it occasionally to prevent it from splitting or cracking. You should also avoid leaving it in direct sunlight, as this can also lead to the wood cracking.



REFERENCES & FURTHER READING

If you'd like to learn more about dry brushing or any of the techniques and benefits discussed in this eBook, there are some excellent articles and resources on the web. Some suggestions for further reading include:

nwedible.com/dry-brushing/

naturalhealthtechniques.com/healingtechniquesdry_brushing_technique/

bodecare.com/how-to-dry-brush/

livestrong.com/article/104702-dry-brush-detox/

wellnessmama.com/26717/dry-brushing-skin/

mindbodygreen.com/0-12675/a-step-by-step-guide-to-dry-skin-brushing.html

So...what should you take from this book?

You can foster healthier skin for yourself by starting a routine of dry brushing your skin and teach those you love to do the same. It takes some effort but if you have the basics down with what this book lays out, you will be surprised at how easy it is to improve the look and feel of your skin.

Practice these tips daily and before long, you will begin to see just how beautiful and healthy your skin can be. Why not start today?

Enjoying your new dry body brush so much you want to buy another — or share one with a friend? Awesome!

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