**Skin Brushing**

If we look at the function of the skin: external support of the body, regulation of body temperature, protection of the body and elimination of wastes, we can see why it is important to keep it healthy. One of the best and easiest ways to do this is with dry brushing. This is a technique that **stimulates** **your skin, sloughs off dead skin cells and****stimulates lymphatic circulation**.

* You will need - skin **massaging brush (natural boar bristle) or a loofah\***. A long-handled bath brush can work well (especially for reaching your back).
	+ **Standing in your bathtub start brushing from the feet upward.**
		- Your feet should be warm to begin with. If not, run some hot water over them until they feel warm.
	+ Begin with your right leg and include the buttock, then go to the left leg.
	+ Next do your abdomen, which is brushed *clockwise*.
	+ Then do figure 8s to your chest.
	+ Then do your right arm and your left.
	+ Do your back to finish.
* This whole procedure should take about **3 to 5 minutes**. It is most effective in the morning right before you take your showerbut you can also do it at night, just before bedtime.
* As a caution only do this **every 2 or 3 days**, as the body may become dependent on this stimulus if done daily.

*Note\**

*Loofahs and bath brushes, including real bristle brushes, can be purchased at dollar stores, health-food stores and drugstores. If none of these can be had, in a pinch a dry rough washcloth may be used.*