

The skin is one of the body's major organs of elimination. Keeping it free of dry, dead skin cells makes it more efficient at removing wastes — and skin brushing has been part of daily hygiene in many cultures for centuries. On the CleanUP, dry skin brushing is part of your everyday routine, all 21 days.

Benefits of Skin Brushing

- **Assists exfoliation and waste removal:** removing dead skin cells opens skin pores, allowing efficient removal of waste products.
- **Decreases bacteria on the skin surface:** layers of dead skin give normal skin bacteria a habitat to flourish, creating a toxic load of bacterial debris the body has to handle.
- **Enhances lymphatic drainage:** the lymph system removes waste fluids and is an important part of circulation. Brushing invigorates lymphatic drainage and its effectiveness at eliminating waste.
- **Supports the venous system:** helps the veins move blood from the extremities back to the heart.
- **Improves delivery of nutrients and oxygen to the skin** by enhancing lymphatic and venous drainage.
- **Improves skin tone, especially in aging skin:** removing dead cells, stimulating the surface oil and sweat glands, and enhancing circulation improves tone and suppleness.

Procedure

The best brushes are natural vegetable-bristle brushes, though a loofa or a baby's hairbrush also works — look in most health food stores. Brush on dry skin, before your shower or bath. Keep it gentle, in short strokes.

- 1 Start with your legs. Brush from your toes toward the center of your body — the direction of venous and lymph flow toward your heart. When you finish, your skin will tingle and may be a little pink, but don't brush so hard that it turns bright red.
- 2 Brush lightly up your stomach and lower back, including your buttocks.
- 3 Move to your arms: brush from your fingers to your shoulders in short strokes toward the center of your body.
- 4 Finish by lightly brushing your shoulders and upper back toward the center of your body.
- 5 Don't brush your face — that skin is very delicate. You can lightly brush the back of your neck.

Some areas are easier to reach with a long-handled brush. If you can't reach everything, just brush what's comfortable.

Areas to Avoid

- Open wounds
- Your face
- Skin that is easily damaged
- Areas of known skin or lymphatic malignancies
- Open and weeping rashes

Reference: Berkowsky, B., ND. "Forgotten Art of Skin Brushing." British Naturopathic Journal 17(1), 2000, pp. 12–15.