

## Dry Skin Brushing

Your skin is a living and vital organ with a multiplicity of important functions. The tragedy is that the skin of modern man is the most neglected and mistreated organ.

In our sheltered air-conditioned existence, skin is seldom exposed to life-giving fresh air or stimulating temperature changes. How many times this week have you worked or exercised outdoors hard enough to perspire profusely? Dry brush massage gives skin the stimulation, exercise, and cleansing it is deprived of by an indoor sedentary life.

### **Benefits of Daily Dry Skin Brushing:**

1. Effectively removes dead layers of skin and other impurities and keep pores open allowing us to absorb sunlight more efficiently therefore increasing our Vitamin D production.
2. Stimulates and increases blood circulation in all underlying organs and tissues. Especially the small blood capillaries of the skin.
3. Revitalizes and increases the eliminative capacity of the skin to help rid the body of toxins via the lymphatic system.
4. Stimulates the hormone and oil producing glands of the glandular system.
5. Rejuvenates the nervous system by stimulating nerve endings in the skin.
6. Helps prevent colds, especially when used in combination with hot-and-cold showers.
7. Contributes to a healthier muscle tone and better distribution of fat deposits.
8. Freshens complexion for younger looking skin.
9. Increases feeling of well-being in entire body.
10. Prevents premature aging.

Since the dry brush massage also happens to be one of the most pleasant and enjoyable do it yourself health measure, don't you think that the above list is impressive enough to convince you to give this health and beauty secret and honest try?

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## **Dry Skin Brushing Instructions:**

1. Although skin brushing can be done at any time, the best time is before your shower or bath.
2. Remember to brush your skin while you are still dry.
3. Use gentle brushing motions starting from the outermost portions of your body and brush towards the heart. Begin with your feet, up your legs, and abdomen, then hands and arms to your chest. Brush across your upper back and up the rest of your back as best as you can reach.
4. Do not brush your face, as your skin there is very sensitive.
5. Do not brush so hard that your skin becomes red.



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