

How to use a Dry Brush

A Dry Brush is best used as a stimulatory and circulatory tool over the skin, to promote detoxification



How to use: Use a dry brush in a dry setting only. Do not take in the shower, or get wet. There are many different techniques to using a dry brush, however, if you are just getting started keep it simple. Start with three strokes in a row over a small area of skin. You should get a light pink response from your skin. If you get pain or a red response you are using too much force.

Continue this pattern over your whole body brushing towards your heart. Do not use on your face, open wounds, over nipples or genitals.

When to use: Often patients will use before or after a shower for consistency, before going to bed, or upon waking in the morning.

Can you use a dry brush too much?

A maintenance habit of two to three times a week is good.

Benefits of using a dry brush:

- ⇒ Provides circulation support to your skin.
- ⇒ Improves blood flow, lymphatic drainage, circulatory response and tissue regeneration.
- ⇒ Promotes detoxification and flushing of excess skin cells for vibrant, relaxed, healthy skin.

You can purchase quality dry brushes through Averio Health Institute.