

Dry Skin Brushing

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Holistic Health Report

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Dry Skin Brushing

*The Quickest, Simplest Way to
Improve Skin Tone & Texture,
Elimination of Waste & Toxins,
Blood Circulation & More.*

Matthew Scott B.Ac, MA

Feel free to pass this report on to anyone you know who wants to improve their health and wellbeing.

About the author

Matthew Scott is a professionally trained Chinese medicine practitioner from Australia. In 2000, after ten years in professional practice, Matthew went to China to further his studies and immerse himself in the culture for a few months. He's been there ever since. Matthew regularly practices all the breathing techniques in this report.

Visit Matthew's website for more classic Chinese exercises, techniques and exercise programs.

www.chinese-holistic-health-exercises.com

Note: The information in this report is not intended to replace advice, diagnoses or treatment from your doctor or other health professional. Always consult your doctor or health professional before starting or changing any dietary or exercise program.

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What is Dry Skin Brushing?

Dry skin brushing is the practice of brushing the surface of the body to clear away dead skin cells, improve skin texture and tone, enhance blood circulation, and eliminate toxins from the body. As you'll learn in this report, though, these are just *some* of the benefits of regularly brushing your skin.

Skin brushing has been a traditional practice throughout Asia, some European countries, and other countries for centuries. Native-American Indians use dried corncoobs to brush their skin, while Chinese people use a sponge made of dried fruit fibres, called a loofah. A modern, skin brushing tool is the natural bristle brush with a long handle so you can brush your back and other hard to reach areas. Dry skin brushing of your whole body takes about 5 minutes and is usually done daily before showering. The face may be brushed using a special, soft face brush, however the breasts and genitals are not brushed at all.

Long-handled, natural bristle brushes like the one below are easy to buy and inexpensive. Try your local health food store, or wherever health and beauty products are sold. Make sure you buy a brush with *natural* fibre bristles. With brush in hand you're ready to see for yourself how immensely beneficial this natural health practice is.



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Benefits of Skin Brushing

As mentioned, regular brushing clears away dead skin cells and improves skin tone and texture. The more substantial internal benefits, however, are due to the fact that the skin is the largest eliminative organ in the body. Regular brushing not only helps the skin to sweat away toxins, it *also* stimulates the underlying circulation of blood and lymph (a waste-removal fluid), which helps the body eliminate deeper level toxins, via your colon.

With many people these days suffering from clogged colons, allergies, acne, regular colds and other signs of toxic build-up (which are usually due to or exacerbated by poor diet), daily skin brushing is an ideal way to enhance the body's natural waste removal systems. Modify your diet (see section: Enhancing the Effects) *and* brush your skin daily and you *will* notice positive changes in your health and vitality.

Dry skin brushing benefits

- Stimulates your lymphatic system to remove waste & toxins via your colon
- Stimulates sweat glands & opens skin pores, which helps the cleansing process
- Increases blood circulation & improves blood quality
- Sweeps away dead skin cells, making your skin look & feel smooth & vibrant
- Improves skin tone & texture
- Encourages more nutrients to your skin, improving its look & feel
- Stimulates nerves in your skin, which enhances skin function
- Improves muscle tone & reduces cellulite & fat deposits
- Alleviates muscle tension – try it for stiff neck, back & shoulders
- Rejuvenates your nervous system & relaxes you
- Improves overall health – your skin eliminates about 1kg (around 2lb) of waste a day

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How to Brush Your Skin

As mentioned, it's important to use a natural bristle brush. It should also not be too hard or too soft - it needs to cause friction on the skin but not scratch it. The basic direction of brushing is from your extremities to the centre of your body, i.e. towards your colon, through which toxins are eliminated. Four or five brushes along each aspect, e.g. along the outside of your arm, or back of your leg, are enough.

1. Remove all clothing, necklaces, bracelets, etc. Brush your **legs** from your toes up to your hips and groin. Brush every aspect with long, smooth, sweeping strokes - do not *scrub* your skin. To make it easier to reach down, put your foot on a stool or the edge of the bath. Also brush the soles of your feet, which contain many reflexology areas and pressure points relating to other parts of your body.
2. Brush your **arms** from your fingertips to your shoulders and armpits. Once again, use 4 or 5 smooth, sweeping strokes. Like your feet, your hands also contain reflexology areas and points corresponding to other body areas.
3. Brush down the back of your **neck** and across the backs of your **shoulders**.
4. Brush down one side of your **back** from the base of your neck to the base of your lower back. Repeat on the other side.
5. Gently brush down the front part of your neck and **throat**, from below your ear and jaw to the top of your chest, on both sides.
6. Gently brush across one side of your **chest** (not your nipples though) from the midline to the sides. Repeat on the other side.
7. Brush from below your chest to your **belly**. Also brush the sides of your **trunk** from under your armpits to your hips.
8. Gently brush your **abdomen** in circles, in a clockwise direction as you look down. This follows the path of your colon and helps stimulate elimination.
9. You may spend more time brushing areas of flabby, un-toned, stretch-marked skin, such as your **buttocks** and **hips**, and any tight or painful areas, such as your neck and **joints**. Stop brushing if it starts to hurt, or when the skin turns a pinkish-red color, and always brush towards your colon.
10. You may also lightly brush your **ears** – including the backs – but only if your brush is soft enough to not overly irritate the skin. Ear brushing is very relaxing. The ears also contain reflexology areas and pressure points, so regularly brushing them has a therapeutic affect on other body areas.

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Tips

- If you haven't done skin brushing before, start gently until your skin adapts to it
- If you are ill, have a cold, or just feel sluggish, brush your body morning and night
- Brush daily for 2-3 months *and* pay attention to your diet for best overall effects
- Always use a dry brush on dry skin
- Don't brush over broken, irritated or infected skin
- Wash your brush well in warm, soapy water at least once a week and hang it up to dry

Enhancing the Effects

There are several things you can (and should) do to enhance your skin brushing sessions, such as taking contrast showers, modifying your diet, and breathing exercises, all of which help your body to eliminate toxins *and* keep it clean and functioning well.

Contrast showers

After brushing your body have an alternating hot and cold shower. The heat opens your skin and encourages circulation, while the cold contracts your skin and squeezes out toxins. Have a 3-minute hot shower, then a 1-minute cold shower - do this at least once and up to 3 times. Have as hot a shower as you can comfortably stand and always finish with cold water. Make sure you spray the hot *and* cold water over your whole body. Also, don't use soap, shampoo or other commercial bath products during contrast showers, as they contain chemicals that will be absorbed by your skin. Skin brushing followed by a contrast shower is an excellent way to begin your day. Also do it whenever you need a boost.

Diet

As skin brushing eliminates waste and toxins from your body, you should minimize the amount of toxins your body produces by eating healthy foods. Otherwise, it's a bit like eating bacon and eggs for breakfast every day, while taking medication to lower cholesterol – what's the point?

According to Traditional Chinese Dietary Therapy principles, a healthy diet generally consists of:

- Plenty of vegetables (lightly steamed or stir-fried)
- A reasonable amount of carbohydrates (rice, noodles, pasta)
- Little meat (finely chopped/sliced)
- Some fruit

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- Little sugar
- Few dairy products
- Four or five small meals a day (particularly if you're elderly or overweight)
- Eating till you're no more than 75% full
- No cold drinks (especially iced ones and not during meals)

For more on the traditional Chinese way of eating for health and vitality see the list of other Holistic Health Reports by Matthew Scott at the end of this report.

Breathing exercises

Controlled deep breathing is another superb way to boost circulation and help your body eliminate toxins, *plus* strengthen your immunity, balance your emotions, relax you, and more. One highly recommended exercise you can do before skin brushing to clean your lungs and airways, flood your system with fresh oxygen *and* energize you is the Bellows or Cleansing Breath. It's easy to do and takes a few minutes only. For illustrated instructions, see:

<http://chinese-holistic-health-exercises.com/tiredness-remedy.html>

Send questions or comments about this report to Matthew via the Contact page on his website.

To Your Health!

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