

Dagmar

I do this every morning and even not with the lymph..system in my mind,it is absolutely wonderful massage for my skin.I am using brush with needles from cactus and will continue to do that as long as I can.The circulation in the smallest capillaries is so important once we reach adulthood.The elasticity is back and the skin is so alive.

Posted On 09/11/2017

grulla

The best way to bond with a dog or cat is to feed them. However the best way to bond with a horse is to brush (groom) them. Of course brushing dog's and cats does help to bond with them also. Here's my favorite, easy to clean, brushing tool: www.valleyvet.com/.../11426_A.jpg . Wish that tool could also work on humans, :-).

Posted On 09/11/2017

leandog

I use a natural brush in the shower (with no soap) and it does feel great and helps clear skin. I pay special attention to skin over the thyroid, kidneys , spine and over worked muscles. Soap only where needed and finish with the coldest water I can stand.

Posted On 09/11/2017

Guillermou

“Dry Brushing” in the morning has an energizing effect on the skin, used just before entering the shower. Gwyneth Kate Paltrow American actress, author, businesswoman, model and singer is not wrong when she proclaims from the rooftops that if there is a good beauty trick to have more active, beautiful and youthful skin, it is dry brushing. It is the technique that, in addition to the actress, others such as Miranda Kerr, recommend to keep aspects such as orange peel at bay. Dry brushing of the skin acts as an exfoliation while activating blood circulation, thus helping to soften cellulite, from within and without. It manages to eliminate dead cells from the epidermis, promoting correct circulation and regenerating the skin at a cellular level.

Dry brushing the skin increases the production of collagen fibers, thus improving the firmness of the skin. In addition, it stimulates the lymphatic system and activates the metabolism. Improves and evens skin tone thanks to increased oxygen supply to cells, prevents skin discoloration and the appearance of visible veins. It also manages to eliminate toxins and dead cells at a superficial level, softening the skin and has the ability to reduce cellulite, as it helps distribute fat deposits that are in the subcutaneous layer.

It is recommended that the brush always be made of natural bristles since it is the only one that is capable of stimulating the skin without irritating it. They are the perfect balance between firmness and softness. After all this, the skin is more receptive to receiving subsequent moisturizing or specific treatments.

www.mindbodygreen.com/.../dry-brushing-guide (2022).--- www.healthline.com/.../dry-brushing (2021).-
--- health.clevelandclinic.org/the-truth-about-dry-brushing-and-what-it-do.. (2021).---
www.youtube.com/watch .----- www.youtube.com/watch .--- www.youtube.com/watch .---

Posted On 04/23/2024

DebbyW

Last week, I decided my legs needed help. They were covered with unsightly, dry, scaly old skin. I don't have a dry brush, but then I remembered my cleaning sponges with the scrubby surface on one side. I know, they aren't natural, but I used a new one. Anyway, I began to gently scrub up and down, then switched to circles on my lower legs, then the tops. It left them very white. Then I decided to try it on my arms, but even more gently. Afterward, the scrubby was filled with white skin cells. I cleaned it with hand soap and high water pressure. After my shower, my legs felt so smooth.

Posted On 04/23/2024

lid5811

You can get a loofah made of natural fibers. They are inexpensive.

Posted On 04/23/2024

sss7457

I was also taught to dry brush fr the most distant point, the feet, bck twd the heart & I've bn doing this for decades along w weekly professional massage & a daily personal massage, abhyanga. If u don't know: A pro hour massage begins @the scalp, face if desired, neck/shoulders, arms & legs/feet on the front of the body, then the bck side of the legs, ending w the neck, shldrs, spine & back. Abhyanga is an Ayurvedic tradition using heat-purified sesame oil b4 a morning bath/shower. Abhyanga is done fr head to toe w more time on these 2 areas but incl the entire body (don't forget ur ears!) for 10-20 min q d or whatever time is available. It's better to be brief than skip it altogether.

Similarly, I omit the oil rather than omit abhyanga. Purposes r akin to dry brushing & pro mass w oil: detoxification, skin suppleness & lubrication/flexibility of muscles, joints & tissues. As a 40+ yr yogi/teacher, Ayurveda introduced me 2an abbreviated dry abhyanga fr head to hip, hand to shoulder & feet to hips which I've incorporated into my yoga practice & teaching as an intended whole body warmup. It's amazing how inhibited we r fr touching r bodies but when given permission, most students freely do so. Again the important thing is 2do it, however imperfect. In yoga classes I also lead circles of shoulder massage exchanges, self & group hugs. All kinds of loving touch r beneficial & encouraged.

Posted On 04/24/2024

honeybee22

LOVE my dry brushes. With motions toward the heart from extremities DRY BRUSH scrubbing FEELS AMAZING.

Posted On 04/24/2024

Stephjask

Ipioch, that sounds like a good idea to follow, lacking any further clarification here.

Posted On 04/23/2024
