



## KIN MEDICINE GUIDE TO DRY BRUSHING



### Supplies

Use a natural fiber brush found at a health food store or pharmacy specific to dry brushing.

Here's what you'll need and some easy directions to get you started with dry brushing practice to increase circulation and detoxify.

- Start at your feet and move up your body.
- Brush your skin using wide, circular, clockwise motions.
- Use light pressure in areas where your skin is thin and harder pressure on thicker skin, like the soles of your feet.
- Brush your arms after you have brushed your feet, legs, and mid-section. You should brush upward towards your armpits.
- After dry brushing, take a cool shower to help remove the dry skin.
- After your shower, dry off and then consider adding natural plant oil, such as olive or coconut oil, to moisturize your skin.

When you first start dry brushing, it's best to begin with light brushing. As you get used to it, you can increase the pressure.

Avoid sensitive areas and anywhere the skin is broken. These include areas with:

- rashes
- wounds
- cuts
- infections

You can practice this before a shower 1-2/week.

