



DRY SKIN BRUSHING GUIDE

life  root™

B O T A N I C A L S

liferootbotanicals.com
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* Dry Skin Brushing *



The skin is a major organ of the body. The primary functions include: respiration, excretion, blood and lymph circulation, and immunity.

"No other organ is more actively engaged in discharging impurities from the body than the skin: it is a close relative of both the lungs and kidneys"

-Dr. Berkowsky

Some form of dry skin brushing is performed by almost all cultures in the world, and has documented for thousands of years.

Even the animal kingdom, they use some forms of dry brushing. :)

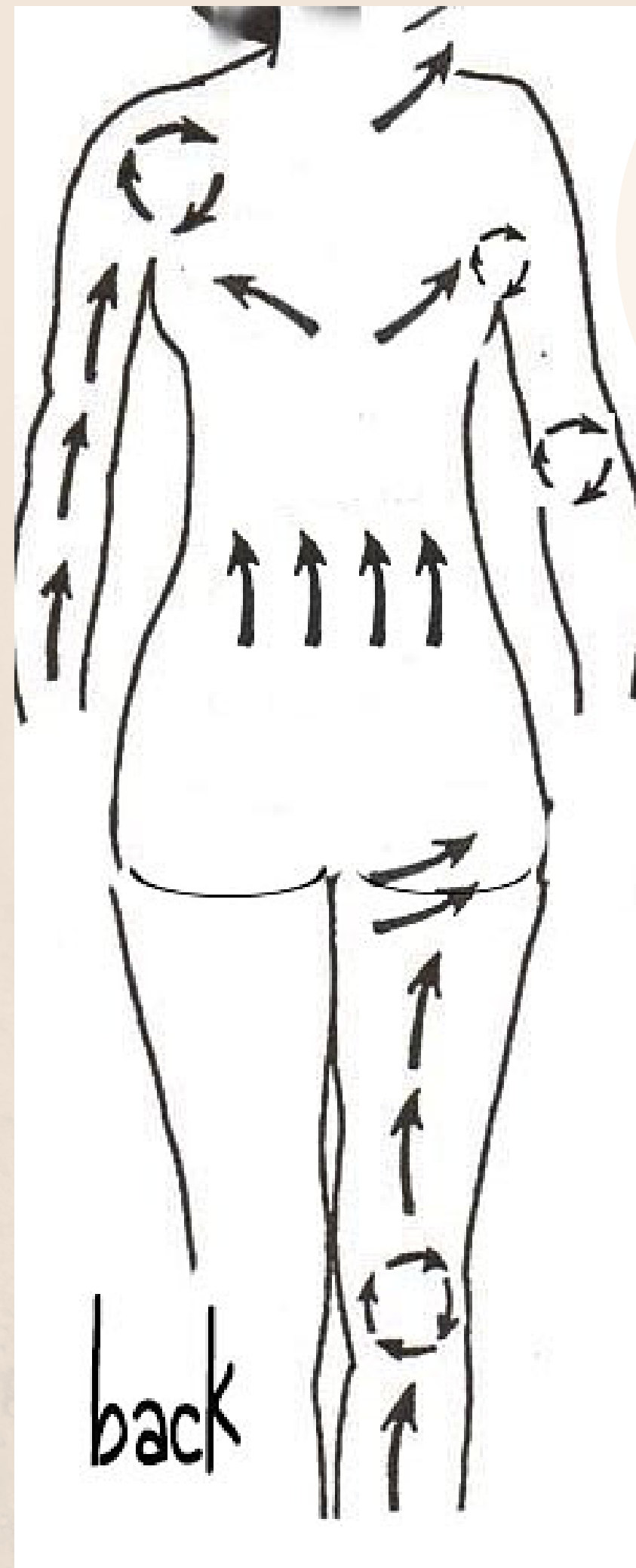
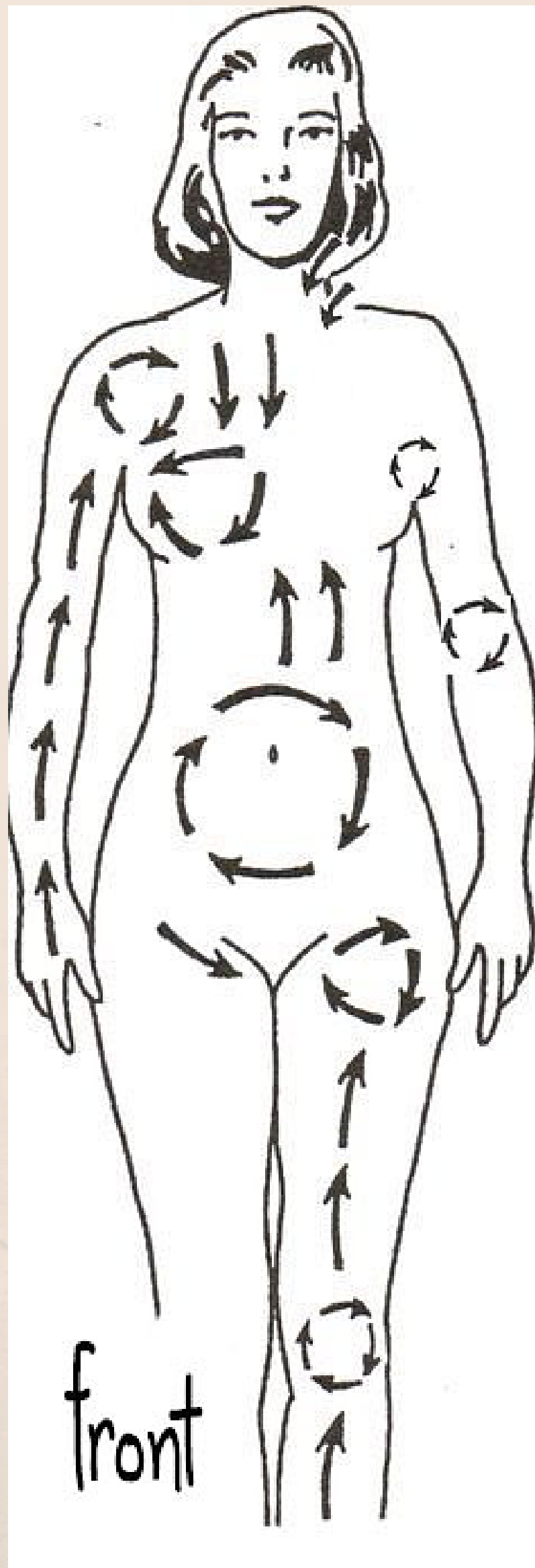
Dry Brush Tips:

make sure skin is dry
use a natural bristle brush
cool shower rinse after

use firm strokes so there is a slight reddening of skin

How to perform:

picture depicts what should be done on both sides of body



Perform on both sides of the body, both legs and arms

takes about five minutes

**Always begin with the armpit region first to open up main lymphatic area.
Then work chest area, arm, neck.
Follow up with feet, leg, buttocks and back. Last do abdominal region.**

Do 7 strokes on each area.

For face and scalp: 7 clockwise circles on cheeks, nose, outside of ear, temples & forehead (use a softer face brush)

Healthy Skin
Tips

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Healthy
skin begins
on the inside and
tweaks on the outside

1. Make sure your body is hydrated with clean, pure water. A good rule of thumb is to try to drink 1/2 your body weight in ounces of water daily. Ex: 140lbs= 70 oz per day

drink
water

Let food be
thy medicine

2. Let your food be your ultimate skin routine! You are what you eat. Strive for the best quality, non-processed, whole food diet that is properly prepared and made with love.

3. Add some skin superfoods such as collagen from bone broth, non-starchy veggies and greens, organic berries, and good quality herbs such as aloe.

Eat
your
Veggies

SAY BYE BYE TO STRESS

4. **Stay balanced! Stress will contribute greatly to breakouts, wrinkles, and acne. Do meditation, breathing, prayer and incorporate routines to keep your stress as low as possible.**

Move that booty!

5. Move your booty! Quality exercise such as walking will do wonders for the skin.

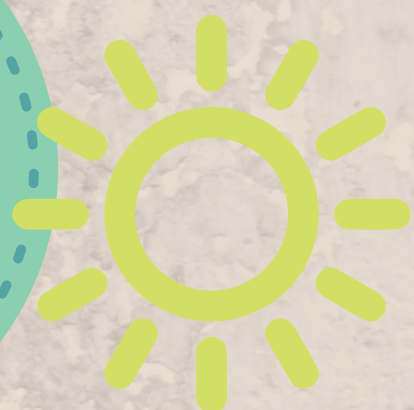


6. Go to bed sleepy head!

There is a reason they say to get your beauty sleep.

7. **Love what your skin eats! Ditch the toxic skincare products. Visit the EWG.org database to see how your products line up.**

Your skin says ditch
the toxic skincare
products



8. Limit long bathing and harsh soaps. They remove oils from your skin. Do dry skin brushing often, followed with a cool shower.

9. **Get some sun, but not too much! Your skin loves the sun's rays to keep your body healthy and strong! But know your limit and protect your skin with a non-toxic sunscreen or clothing when you have been out in the sun past your limit.**

Visit
skinfoodie.net
for products
your skin will
love!

10. Last, but certainly not least! Sort out your digestion. You are what you eat, and what your skin eats! But if you aren't properly digesting your food, then your skin can't get the nutrients it needs.