

# What You Need to Know to Lymphatic Body Brushing/Skin Exfoliation

## What is it?

It has been called many things: Dry Brushing, Skin Brushing, Body Brushing, Exfoliation Brushing, Lymphatic Brushing, to name a few. As the names suggests, the technique involves lightly brushing the surface of the skin order to improve or enhance health.

Some say the technique originates from ancient China and is based on the concepts of acupuncture and acupressure. These teachings focus on points spread out over the surface of the skin. When these special points are stimulated, chi (or "life force") flows through energy channels, called meridians, which then enhances the activity of organs, glands, and muscles.

## Who should do it

- Anyone interested in enhancing their wellness.
- People with limited mobility or who are bed-ridden can often avoid bed sores by Body Brushing. Consult your doctor.

## When/Where not to do it

- Rashes, burns, cuts, wounds or new surgical sites
- Varicose veins
- After waxing or shaving or on sunburns

## What you need:

- A long-handled natural fiber brush. This will enable to access hard-to-reach areas of your body, such as your back.
- Shower or bath tub.

## What are the benefits?

Skin is the largest organ of the body. It consists of countless pores which often become clogged with dirt, toxins and pollutants. By exfoliating the skin, which involves the removal of the oldest dead skin cells on the skin's outermost surface, we help rid the body of these accumulated build-ups, including cellular build-ups. Exfoliating also assists in the function of the sweat and oil glands by stimulating the skin's ability to lubricate itself with sebum (the oil that our skin makes, which moistens and protects).

Skin Brushing stimulates the lymphatic system, which consists of tissues and organs that produce, store and carry white blood cells which fight infection and disease.

Body Brushing can help prevent lymph stagnation so that fluids, excess proteins, cells and toxins don't accumulate.

Body Brushing increases blood circulation in all organs and tissues, especially in the tiny blood vessels near the surface of the skin, called capillaries. It also helps the skin improve its ability to rid the system of toxins. This places less of a burden on the organs.

Body Brushing rejuvenates the entire nervous system by stimulating nerve endings. It has also been known to reduce cellulite deposits. It can improve overall health and boost your immune system, while also toning, smoothing and tightening your skin. Additionally, it allows for deeper penetration of lotions, moisturizers and essential oils.

**Care of your body brush:** Periodically wash your brush with soap and water. Allow to dry.

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# How to Do It

## Lymphatic Body Brushing/Skin Exfoliation Instructions

Body Brushing is generally done in the bath tub or shower – prior to bathing and on dry skin. Allow yourself the time to do a thorough job. It should take at least several minutes to brush your entire body. Brush in the direction of the heart. Follow the written instructions or simply look at the following pictures.

### Feet

Begin by briskly brushing the soles of your feet with strong circular motions. The use of a pedicure brush could be utilized, if you have one, which tends to have firmer bristles. Then, using the brush, apply short, firm strokes to the tops and sides of your feet, pulling towards your ankles.

### Legs

Now continue brushing upwards on your legs, using short, firm strokes. Go up to the knee on both legs. Then using the same strokes, brush both legs from the knee to the hips. (Figures 1, 2 & 5)

### Abdomin/Groin

Continue up the body to the groin area. From the outer upper hip, make small circular movements towards and under your navel. Now, using short, firm strokes, brush from the groin to the stomach area. Next, holding your brush at the navel, begin small circular movements, going in a clockwise direction. Gradually make your circular motions bigger and bigger. Then start to make your circles smaller and smaller, ending at the navel again. As many of the body's lymph nodes are located in the abdominal region, it is important not to skip this area. (Figures 1 and 4)

### Sides of Body

On both sides, brush from the waist up towards the armpits. (Figure 3)

### Chest

From below the breast, start from the middle area and use curving upward strokes towards the armpit. Repeat on other side. Work from above the breast, from the middle of the breast bone to the armpit region. Repeat on other side.

Figure 1

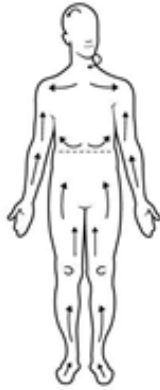


Figure 2



Figure 3



### Buttocks

Start at the gluteal line (where your buttocks meet your legs). Work from the back to the front, over the hip and towards the groin. This stroke is often used to help reduce cellulite. (Figure 5)

### Back

Stroke your back from your waist upward to the middle of your shoulder blades; then from the middle of the upper spine, over the shoulder blades. (Figure 5)

### Armpits

Rotate your brush in circular clockwise strokes in both armpits. (Figure 2)

### Arms

On every side of the upper arms, brush from the elbow to the shoulder. Then, on every side of the lower arms, brush from the wrist to the elbow. (Figures 1, 3 and 6)

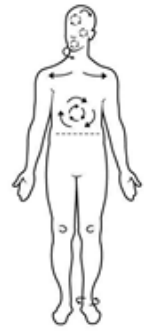
### Hands

Brush your palms in circular, clockwise strokes. Stroke your fingers towards your wrists and gently stroke the more sensitive skin of the tops of your hands.

### Neck/Throat

Very gently (the skin of your neck is sensitive), place your brush at the back of your neck and stroke in a downwards fashion while curving around and towards the side of the neck, ending at your collarbone. Repeat on other side. (Figures 1 and 4)

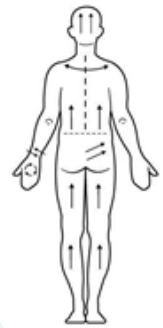
Figure 4



### Face

Use a facial brush which has softer bristles. Making very gentle, circular motions, work on the chin, then on the sides of the face, then cheeks, nose, ears, temples and ending at the forehead. (Figure 4)

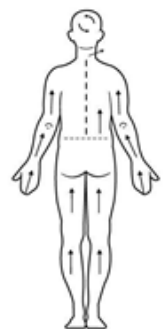
Figure 5



### Scalp

Brush several times from the base of your scalp, or the nape, going over the top of the head toward the forehead. Then stroke all over the scalp in circular motions. Now brush from the temple to the upper side of the head, both sides.

Figure 6



### Other suggestions:

- Wash with exfoliating and skin nourishing soaps.
- Add some raw sugar to the body wash you already use. Raw sugar is a wonderful exfoliant. Simply add as much or as little as you like, depending on the exfoliating intensity you wish to achieve.