

THE
DRY SKIN
BRUSHING
Technique



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DID YOU KNOW?

- The skin is the largest most important eliminative organ in the body and is responsible for one quarter of the body's detoxification each day?
- The skin eliminates over one pound of waste acids each day in the average adult, most of it through the sweat glands?
- That the skin receives one third of all the blood circulated in the body?
- That the skin is the last to receive nutrients in the body, yet the first to show signs of imbalance or deficiency?

Detoxification is performed by a number of organs, glands, and transportation systems, including the skin, gut, kidneys, liver, lungs, lymphatic system, and mucous membranes. The dry brushing technique deals with detoxification of the skin.

Dry brushing is a way to stimulate all the above organs of detoxification because it provides a gentle internal massage.

Dry Brushing was recommended by the Finnish Dr., Paavo Airola for his patients 30 years ago and is still popular in European spas and many cancer treatment centers today. The Russians, Turks and Scandinavians have used this treatment for centuries. Dry brushing is promoted as a preventative for dry skin and a way to exfoliate the skin, thus stimulating skin renewal that is super soft to the touch, but there are many other benefits as well:



BENEFITS OF DRY SKIN BRUSHING EXPLAINED:

1. Cleanses the lymphatic system
2. Removes dead skin layers
3. Strengthens the immune system
4. Stimulates the hormone and oil-producing glands
5. Tightens the skin preventing premature aging
6. Tones the muscles
7. Stimulates circulation
8. Improves the function of the nervous system
9. Helps digestion
10. AND it's easy, inexpensive and invigorating!

1. DRY BRUSHING CLEANS THE LYMPHATIC SYSTEM.

Lymph is considered part of our immune system and is made of white blood cells called lymphocytes and the interstitial fluid that bathe our cells, bringing our cells nutrients and removing their waste, including toxins. All detoxification occurs first and foremost through the lymph. Our bodies contain far more lymph than blood, so you can see how important this might be.

Dry brushing literally moves the lymph containing large proteins, toxins, and particulate matter that cannot be transported in any other way back into circulatory system. If these proteins stayed in our systems outside the blood vessels, it would attract other fluid. Pretty soon we'd get swollen ankles, limbs and eventually we'd be leaking fluid out our skin (not a pretty sight.) This is called lymphedema

and is why most health programs include some type of exercise and body work.

So, what happens if we don't do this dry brushing thing? Well, lymph vessels themselves have their own pumping mechanism sensing when the vessels have more fluid in them or in the interstitial fluids. Lymph only goes one way because of the many one-way valves on the insides of each lymph vessel. The body is a fascinating thing. It literally pumps the lymph along its path back to the heart. Removal of proteins from the interstitial spaces is an essential function. We can help speed this process up when we dry brush or massage toward the heart, contract our muscles and move our bodies (like when we walk or exercise.)

2. DRY BRUSHING REMOVES DEAD SKIN LAYERS.

Dry skin brushing helps shed dead skin cells, which can help improve skin texture and cell renewal. Dry skin is a sign of detoxification. Therefore it's good to keep the process going by removing the dead skin daily. The result is radiant, glowing, healthy skin!

3. DRY BRUSHING STRENGTHENS THE IMMUNE SYSTEM.

Dry skin brushing may boost the immune system and accelerate the clearing of toxins. It helps support the immune system during cancer and other chronic illness treatment. By stimulating the lymph vessels to drain toxic mucoid matter into organs of detoxification we can purify the entire system. After several days of dry brushing, sometimes you may notice a gelatinous mucoid material in your stools. This is a normal sign that the intestinal tract is renewing itself. Best of all, it feels invigorating!

4. DRY BRUSHING ASSISTS WITH TOXIN ELIMINATION

The skin is your body's largest organ. When improperly maintained, the elimination duties of the skin are diminished putting extra stress on the liver and kidneys. Do dry brushing daily before your bath to help stimulate blood flow to the surface so that toxins can more easily escape.

5. DRY BRUSHING TIGHTENS THE SKIN

Dry Brushing tightens the skin by increasing the flow of blood which, in turn moves toxins and lessens the appearance of cellulite. Our bodies make a new top layer of skin every 24 hours - skin brushing removes the old top layer, allowing the clean new layer to come to the surface, resulting in softer, smoother and glowing skin.

6. DRY BRUSHING TONES THE MUSCLES.

Dry skin brushing helps muscle tone by stimulating the nerve endings which causes the individual muscle fibers to activate and move. It also helps mobilize fat and helps to even distribution of fat deposits.

7. DRY BRUSHING STIMULATES CIRCULATION.

Our skin breathes! And yet, in most people, this vital route of detoxification is operating far below its capacity, because it is clogged with dead skin cells and the un-removed waste excreted through perspiration. Dry skin brushing increases circulation to skin, encouraging your body's discharge of metabolic wastes. Increased blood flow begins entering the areas brushed and you will experience an increase in electromagnetic energy that permits you to feel energized and invigorated. By activating the circulation you can also prevent varicose veins.

8. DRY BRUSHING IMPROVES THE FUNCTION OF THE NERVOUS SYSTEM

Dry skin brushing rejuvenates the nervous system by stimulating nerve endings in the skin.

9. HELPS DIGESTION

Dry skin brushing helps your skin to absorb nutrients by eliminating clogged pores. Healthy, breathing skin contributes to overall body health. When you brush, the pores of your skin open allowing your skin to absorb nutrients and eliminate toxins. Clogged pores are not just a cosmetic concern. Healthy, breathing skin contributes to overall body health.



WHAT YOU NEED TO DO DRY BRUSHING:

To dry brush, use a soft natural fiber brush with a long handle, so that you are able to reach all areas of your body. One with a removable head with a strap for your hand is a good choice. Here's a picture of what you are looking for:

A loofah sponge or a rough towel can also be used. Most nylon and synthetic fiber brushes are too sharp and may damage skin although I found a softer bath brush with nylon bristles that seems to do the trick. The important thing is to find something that is just right for your skin. Once your skin becomes "seasoned," you can switch to a coarser brush.



TIPS AND TRICKS FOR DRY BRUSHING:

- Always dry brush your dry body before you shower or bathe because you will want to wash off the impurities from the skin as a result from the brushing action.
- You can do the brushing head-to-toe or toe-to-head. It really doesn't matter as long as the entire body is brushed. Long sweeping strokes starting from the bottom of your feet upwards, towards the heart, and from the hands towards the shoulders, and on the torso in an upward direction towards the heart, help drain the lymph back to your heart.
- Use light pressure in areas where the skin is thin and harder pressure on places like the soles of the feet.

- Skin brushing should be performed once a day, preferably first thing in the morning. A thorough skin brushing takes about 15 minutes, but any time spent brushing prior to bathing will benefit the body. If you are feeling ill, increasing the treatments to twice a day is good. You can also dry brush areas of cellulite five to 10 minutes twice a day to achieve cellulite dissolving but the technique needs to be done consistently for a minimum of five months.
- Avoid sensitive areas and anywhere the skin is broken such as areas of skin rash, wounds, cuts, and infections. Also, never brush an area affected by poison oak or poison ivy.
- Finish up with your regular shower and ending with three hot and cold cycles. That means turning on the water as hot as you can take it for several seconds, then as cold as you can handle it, then hot, then cold for three cycles. End with either hot or cold. This will further invigorate the skin and stimulate blood circulation, bringing more blood to the outer layers of the skin.
- After getting out of the shower, dry off vigorously and massage your skin with pure plant oils such as olive, avocado, apricot, almond, sesame, coconut or cocoa butter. Add a little peanut and Castor oil to the mix if you have arthritis. Edgar Cayce says this works to take out some of the pain, and we've found that to be true over the years.
- Clean your skin brush using soap and water once a week. After rinsing, dry your skin brush in an open, sunny spot to prevent mildew.
- Any well designed program will take about 30 days to see and experience the changes. Please be patient and keep up the program! For a thorough lymphatic cleansing, perform skin brushing daily for a minimum of three months.

(You will do most steps 7-14 times. Hang in there—it's not as complicated as it sounds and doesn't take as long as it seems once you get the flow of it.)

After brushing, take a warm shower (about three minutes in duration), followed by a 10-20 second cold rinse. Repeat this procedure three times. If the hot/cold showers are too extreme, a warm shower can be used. Follow the shower with a rubdown with either a sponge or towel to remove dead skin.



« DRY SKIN BRUSHING »

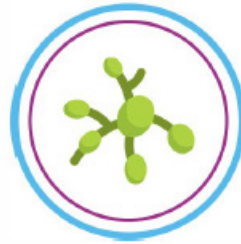
BENEFITS OF DRY SKIN BRUSHING



Detoxifies & exfoliates the skin



Stimulates the nervous system

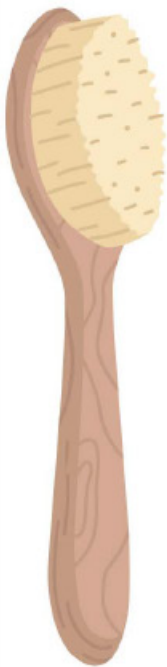


Stimulates the lymphatic system



Provides stress relief

HOW TO DO DRY SKIN BRUSHING



Using a natural bristled brush, start from the bottoms of the feet or ankles and work your way up the legs toward the heart.



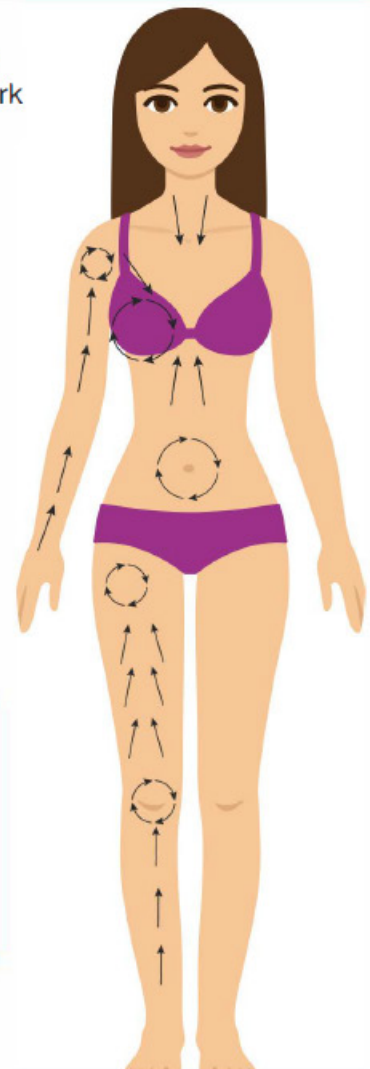
Brush your hands and arms upwards toward the heart.



Brush your torso and back upwards toward the heart.



Brush down from the neck and shoulders.



Dry brush once a day and shower immediately afterward



Since this process can be a little too much for sensitive areas lighten up the pressure as needed.



Clean your brush after each use.



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Yours In Health,

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