

# A Step-By-Step Guide to Dry Skin Brushing



What if I told you there's a simple wellness tip that only takes five minutes a day, costs nothing, and helps cleanse your body, inside and out? What's the answer? **Dry Brushing the skin.** Dry skin brushing has a number of health benefits and is so simple to do.

## So how does it work?

Your skin, the largest organ in the human body is an organ of elimination. One third of your body's toxins are excreted through the skin and dry brushing helps to unclog pores and excrete toxins that become trapped in the skin.

## To get started, follow the simple steps below:

1. Purchase a natural (not synthetic) bristle. We have [Natural Bristle Body Brushes](#) in the Biblical Oil & Health section of the website.
2. Get undressed and stand in a bathtub or tiled surface to catch the falling skin.
3. Begin brushing by starting at your feet and moving in long sweeping motions toward your heart. Always brush toward your heart.
4. Brush several times in each area, overlapping as you go.

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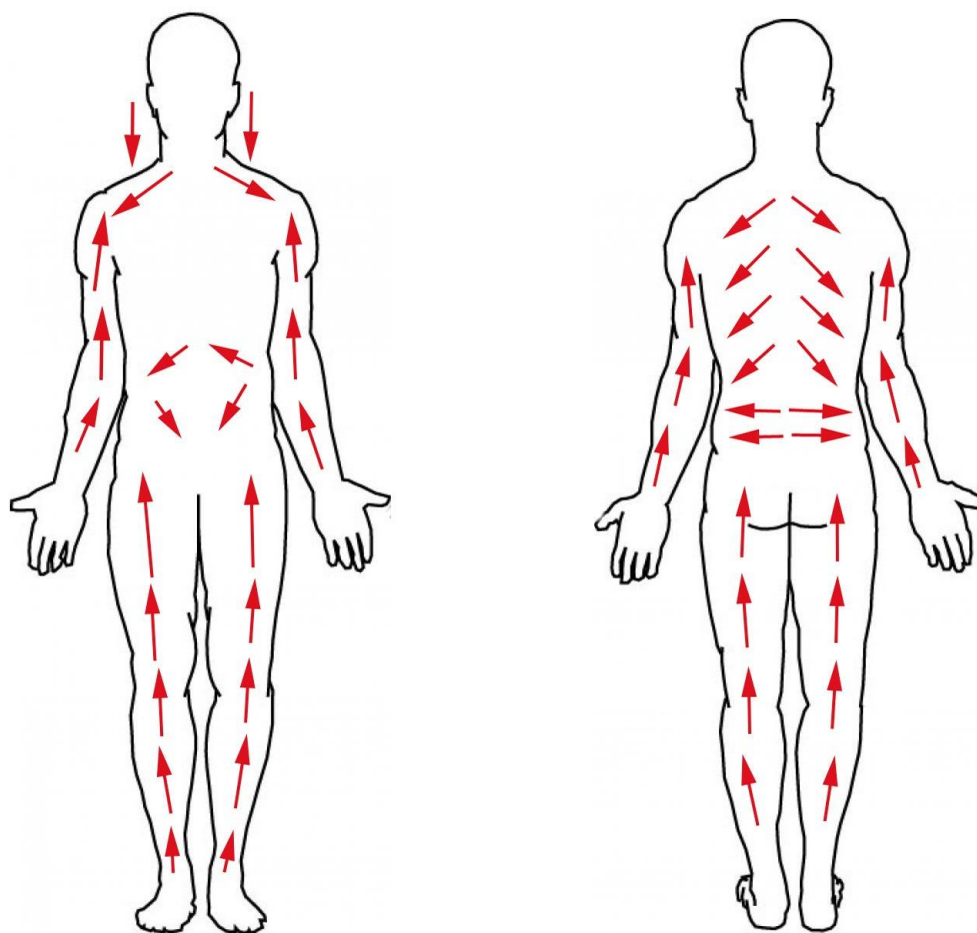
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5. Take care as you brush over more sensitive areas, like breasts. Your skin will become less sensitive the more you dry brush. *It's best to Dry Brush your face separately.*
6. Once you've brushed your entire body, jump in the shower. *(I like to alternate between the hottest water temperature I can tolerate and the coldest. This stimulates blood circulation, bringing more blood to the top layers of the skin.)*
7. After getting out of the shower, pat dry skin and seal this moisture in by applying natural oil like; olive, or coconut oil or some of our luxurious organic body butter.
8. Continue to dry brush your entire body every day. Twice a day is recommended for best results. Remember to clean your brush with soap and water once a week. Air-dry your brush in a clean, sunny spot to avoid any mildew accumulation on your brush.

Try this for 30 days and see the results for yourself!




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This diagram shows the most common directions to dry brush your body. Use long, slow, upward strokes towards your heart. It's recommended you brush in a clockwise motion for digestion on the abdomen, and *avoid sensitive body parts* and skin irritations such as wounds, rashes, or eczema.

## Some benefits of dry skin brushing:

### 1. You'll exfoliate dead skin.

Sometimes the loofah and body scrubs in your shower are no longer needed once you start a skin brushing regimen (you can alternate with one of these once a week.) It will ensure you have silky-smooth skin all year round!

### 2. It stimulates your lymphatic system.

Dry brushing your skin will kick-start your lymphatic system, which helps you remove toxins from the body. The stiffer the bristles on the brush, the better the lymphatic stimulation you'll create.

### 3. Dry brushing helps to reduce cellulite.

Cellulite is simply toxic materials that have accumulated in your body's fat cells and are trapped, unable to be eliminated from the body. Dry skin brushing helps to break down any trapped toxins from within the body and help your body eliminate them through its usual elimination channels.

### 4. It unclogs pores and de-congests skin.

Dry skin brushing unclogs your skins pores and helps your skin absorb more nutrients. Daily skin brushing promotes healthy, breathing skin. It's a real treat for the largest organ in our bodies! [Purchase a Natural Bristle Body Brush](#) in the WORSHIP WARRIORS e-Store.

■ Try our luxurious - [Dead Sea Mud Scrub](#).

Treat your skin to organic soap without the harsh chemicals. The fragrance is a very clean smell and it does not leave that filmy residue on the skin.




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