



A STEP-BY-STEP GUIDE TO DRY SKIN BRUSHING

Gentle Exfoliation & Skin Care



Refresh • Exfoliate • Renew

“He restores my soul; He leads me in the paths of righteousness for His name’s sake.”

—Psalm 23:3



What if I told you there is a simple skin-care practice that takes only a few minutes and can leave your skin feeling smoother and refreshed? Dry skin brushing is an easy way to gently remove dry, flaky surface skin before bathing. With a natural-bristle brush and a light touch, you can make it part of your regular personal-care routine.

How does dry brushing work?

The skin is the largest organ of the body and serves as a protective barrier. Dry brushing gently loosens dead skin cells from its surface, helping the skin feel smoother while temporarily stimulating circulation. Although dry brushing is sometimes associated with supporting the body's natural elimination processes, it has not been proven to remove harmful toxins. The liver and kidneys perform that essential work.



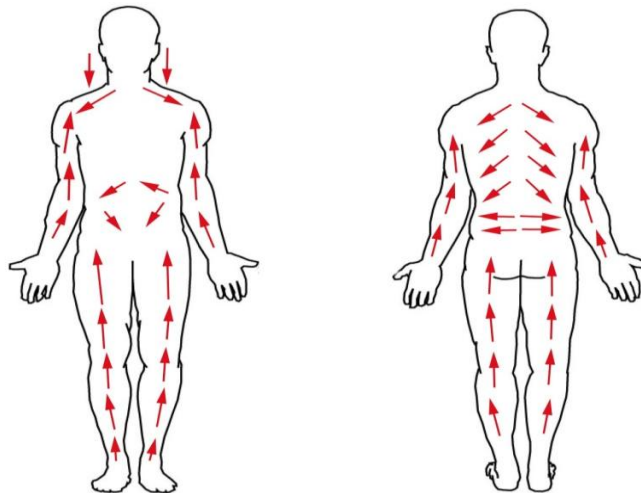
To get started, follow these simple steps:

1. Choose a clean, natural-bristle body brush with bristles that feel comfortable against your skin. [Natural Bristle Body Brushes](#) are available in the Biblical Apothecary category of our website.
2. Before bathing or showering, make sure your skin is clean and completely dry. Stand in the bathtub or shower to catch any loose skin particles as you brush.
3. Starting at your feet and ankles, brush gently upward toward your torso using long, light strokes. From your hands, brush toward your shoulders. (*See diagram on next page.*)
4. Repeat a few strokes in each area, overlapping slightly. Let the bristles do the work rather than pressing too hard.
5. Avoid broken, irritated, sunburned, or unusually sensitive skin, including areas affected by a rash or eczema. Do not use a body brush on the face, and avoid any area that feels uncomfortable. For gentle facial cleansing, consider our [Natural Sea Sponge](#), available in the **Biblical Apothecary** category at WORSHIP WARRIORS®. The same precautions apply when cleansing the face, including avoiding irritated or damaged skin.
6. When you finish, shower or bathe as you normally do. Use a warm water temperature because very hot water can leave skin feeling dry or irritated.
7. After bathing, gently pat your skin dry and apply a skin nourishing moisturizer while your skin is still slightly damp. If you enjoy natural oils, choose one that agrees with your skin, such as coconut or olive oil, or using your favorite body butter is always a good choice.
8. Start with an occasional gentle brushing session and adjust the frequency to your skin's response; daily brushing is not necessary for everyone. Clean the brush according to its care instructions, and let it dry completely between uses.

Try a gentle routine for a few weeks and notice how your skin feels. Comfort matters more than the number of strokes or sessions.

A Visual Guide to Gentle Dry Brushing

The illustration below provides a helpful visual reference for brushing different areas of the body. Remember, **the goal is gentle exfoliation**, not vigorous scrubbing. Always adjust the pressure and direction of your strokes according to your skin's comfort.



This diagram illustrates a commonly used pattern for dry brushing. Use gentle, sweeping strokes up the legs and arms and light strokes across the torso. There is no need to press firmly or follow a precise pattern. Avoid sensitive areas, wounds, rashes, and irritated skin.

What are the benefits of dry brushing?

1. It gently exfoliates dead skin.

Dry brushing can help loosen flaky surface skin and leave it feeling softer and smoother. You may find that you do not need any additional exfoliation from a loofah sponge or body scrubs. Avoid combining several vigorous exfoliating methods in one session.

2. It refreshes your daily skin-care routine.

The gentle movement of a brush can feel invigorating and may temporarily increase blood flow near the skin's surface. Dry brushing is also commonly used to encourage lymphatic circulation through gentle, rhythmic strokes. While this practice may complement a refreshing skin-care routine, its effectiveness in increasing lymphatic drainage has not been conclusively established.

3. It may temporarily improve the skin's appearance.

Gentle dry brushing removes dead surface skin cells, helping the skin feel softer and appear smoother. The brushing action may also temporarily increase blood flow near the skin's surface, contributing to a refreshed appearance and a mild, short-lived plumping effect.

Note: Although some people notice that their skin looks smoother or firmer after brushing, **scientific evidence has not established that dry brushing reduces or eliminates cellulite.** Any visible improvement is temporary and does not change the underlying structure of the skin.



4. It encourages a intentional skin-care routine.

Taking a few moments for gentle dry brushing before bathing can become a simple part of caring for your skin. This practice also provides an opportunity to notice changes in skin texture, dryness, or sensitivity and adjust your routine accordingly. Follow with a moisturizer to help keep your skin comfortable and hydrated.

A gentle reminder: Dry brushing should never hurt. Those with skin conditions or concerns about irritation may wish to ask a healthcare professional before beginning.

—Lora



← Back to [Prophetic Teaching Library](#)