

AN EASY GUIDE TO DRY BRUSHING



BY

Snoozing[®]

B E A U T Y

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TABLE OF CONTENTS

INTRODUCTION	4
HOW TO USE THIS GUIDE	4
DRY BODY BRUSHING - WHAT IS IT?	4
SKIN SCIENCE	5
THE BENEFITS OF DRY SKIN BRUSHING	6
EXFOLIATION & SKIN APPEARANCE	6
INCREASED CIRCULATION	6
IMMUNE SYSTEM HEALTH	6
STRESS RELIEF	7
REDUCED CELLULITE	7
IMPROVED DIGESTION & ORGAN FUNCTION	7
ADDED BENEFITS	7
DRY BRUSHING SAFETY - DO's & DON'Ts	8
HOW TO DRY BRUSH	9
BODY BRUSHING	10
FACIAL BRUSHING	11
FOOT EXFOLIATION	13
DRY BRUSHING TIPS	14
TIPS & TECHNIQUES	14
LOOKING AFTER YOUR Snoozing Beauty ® BRUSHES	15
LOOKING AFTER YOUR Snoozing Beauty ® PUMICE STONE	15

INTRODUCTION

Congratulations on purchasing your **Snoozing Beauty**® Premium Dry Body Brushing Set. You have taken the first **EASY** step to improving your skin's health and natural beauty by embarking on the Dry Body Brushing journey. Done correctly as part of your regular beauty regime, Dry Brushing can have many health benefits that go further than just skin deep.

This guide will explain what dry brushing is, tell you about the many benefits of dry body brushing and most importantly show you the correct techniques for using your dry body brush set.

HOW TO USE THIS GUIDE

At **Snoozing Beauty**® our focus is '**Beauty The Easy Way**' so we have highlighted the most important parts of this Dry Brushing guide for you to understand in the **Pink Boxes**. If you are pressed for time, or only interested in understanding what's important, then just read the **Pink Boxes** and you can read the rest of the guide at your leisure.

DRY BODY BRUSHING - WHAT IS IT?

'Dry Skin Body Brushing' or 'dry brushing' in simple terms is the practice of brushing the skin of the body with a dry brush. You can't just use any old brush. You need to use a 'dry skin brush' usually made with natural bristles and use certain techniques of brushing. This way you achieve the maximum health benefits and the glowing skin, that you so deserve.

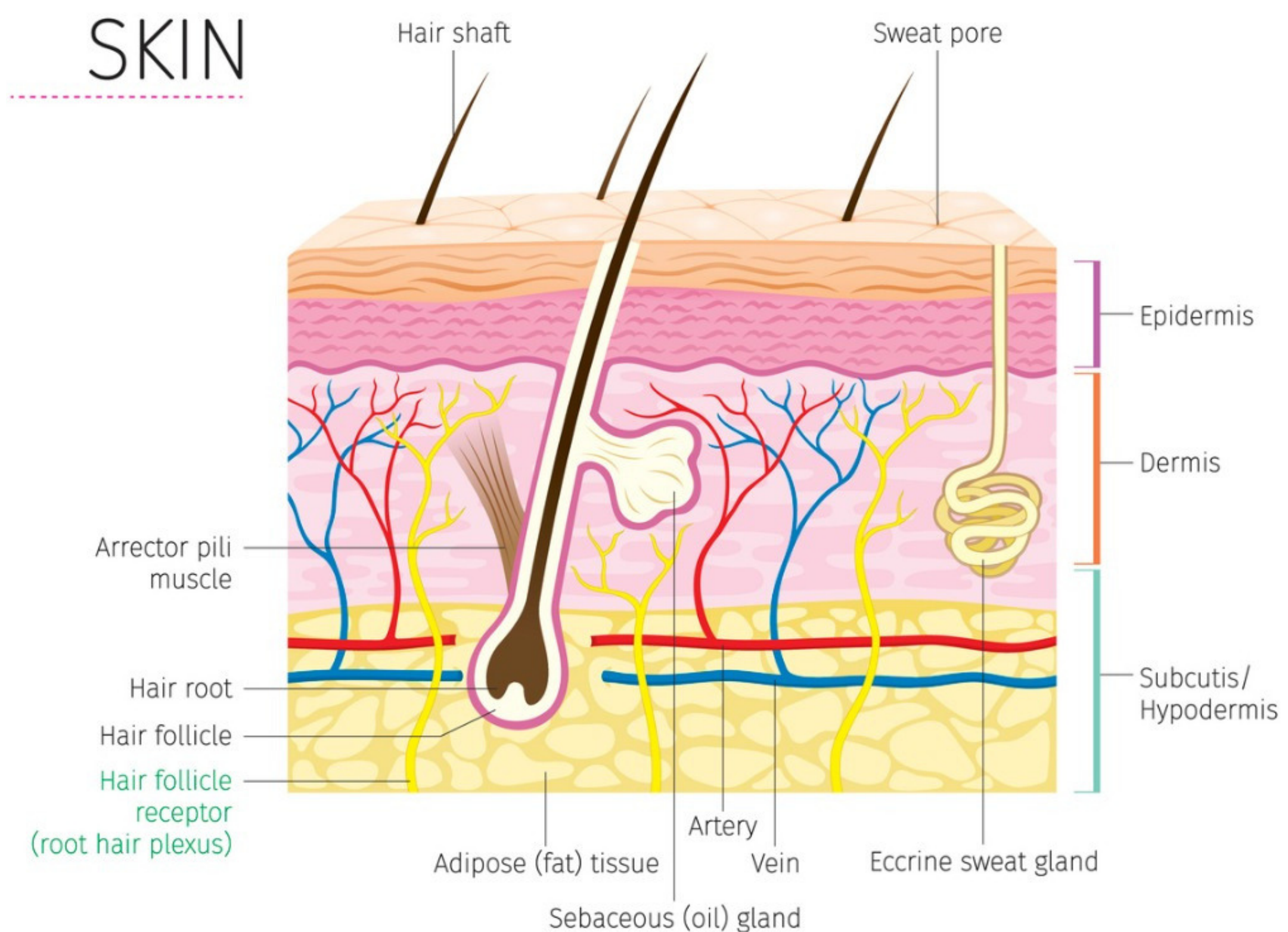
Dry brushing has originated from traditional Ayurvedic Medicine in India. It is known in Ayurvedic Medicine as Garshana (pronounced garshan). Garshana is ayurvedic lymphatic massage that helps remove digestive toxins. In Sanskrit the word 'Garshana' translates as "friction by rubbing".

In simple terms dry skin brushing is the practice of brushing the skin with a dry brush whilst stimulating the body's lymphatic system. This means you not only exfoliate your skin and make it look great but you allow your body to release toxins via your lymphatic system and stimulate blood circulation.

SKIN SCIENCE

We all brush our teeth to keep them healthy. But we quite rarely give any thought at all to keeping our skin healthy. The skin has three primary functions:

1. It protects our bodies
2. Helps keep our bodies at just the right temperature
3. Allows us to have the sense of touch



THE BENEFITS OF DRY SKIN BRUSHING

A wide range of benefits can be achieved from regular dry brushing. To achieve these benefits you should include dry brushing in your beauty regime at least 3 to 4 times per week. Some are directly visible such as clearer and smoother skin and others are more subtle such as reduced stress or even longer lasting self tan. Here are some of the benefits of a regular Dry Skin Brushing regime.

EXFOLIATION & SKIN APPEARANCE

A key benefit to Dry Brushing is to exfoliate the skin. By brushing away the build up of dead skin cells and dirt blocking pores, the skin is able to breathe and oxygenate itself. The act of regular brushing helps to stimulate the growth of new cells and you will soon notice a visible difference of smooth and healthy looking skin.

By keeping your pores clear and stimulating your glands through brushing, the skin is kept moisturised and toxins are helped out of the body, all of which leads to vibrant and healthy glowing skin.

INCREASED CIRCULATION

By brushing with the proper techniques you will help blood circulate better around your body. This increased blood flow helps to tone your muscles, distributes the fat deposits better under the skin and can help remove waste products from the body. With increased circulation you will likely feel more invigorated and alert than you did previously.

IMMUNE SYSTEM HEALTH

Dry Brushing stimulates the lymphatic system and helps move lymph fluid around the body, which in turn helps release toxins and keeps you healthy. Since our Lymph system doesn't have a pumping mechanism like the heart, it relies on our muscle movement to work.

Next to exercise, dry brushing is one of the easiest ways to help move lymph fluid. The Lymphatic system is key to the elimination of the body's toxins and supports your immune system by producing white blood cells.

You have lymph nodes throughout your body but a high concentration of nodes are under your armpits and your inner thighs. Pay particular attention to these areas whilst dry brushing.

STRESS RELIEF

Dry brushing can be extremely beneficial to reducing stress. The regular routine of methodically brushing your skin can aid with mental relaxation as well as relieving muscle tension. Whilst the act of brushing itself can be therapeutic and calming, by improving your skin through dry brushing you will feel healthier and look better, both of which lead to your improved well-being.

REDUCED CELLULITE

Cellulite is a fat build up beneath the skin that causes the skin to wrinkle and dimple. It occurs when fat deposits push through the connective tissue beneath the skin. Cellulite and dry brushing is a disputed issue. Whilst there are arguments over the scientific proof of cellulite management through dry brushing, there are countless anecdotal accounts of dry brushing improving cellulite. By dry brushing the affected areas daily, the brushing can help soften and redistribute the fat below the skin and encourage healthy cell growth.

IMPROVED DIGESTION & ORGAN FUNCTION

Some experts believe that the benefits of dry brushing go far further than just the surface of the skin. By massaging lymph nodes you can help remove excess water and toxins from the body which helps reduce bloating. Improving the effectiveness of your lymphatic system takes some of the strain away from your kidneys and liver so can aid in overall digestion and organ function.

ADDED BENEFITS

If you use Self / Fake tan then make sure you dry brush before applying it. Removing the layer of dead skin cells from your body before applying will make your self tan last much longer.

DRY BRUSHING SAFETY - DO's & DON'Ts

There are a few safety tips when it comes to dry brushing that you should follow to get the best out of your session.

DO seek medical advice from your doctor before you start dry brushing if you are pregnant

DO seek medical advice from your doctor if an allergic reaction occurs when dry brushing. Stop dry brushing immediately and inform your doctor of exactly what happened.

DO regularly wash your dry brushes to remove dead skin from the bristles

DON'T ever brush skin that is inflamed, has an open wound, has varicose veins, has open sores or is sunburnt

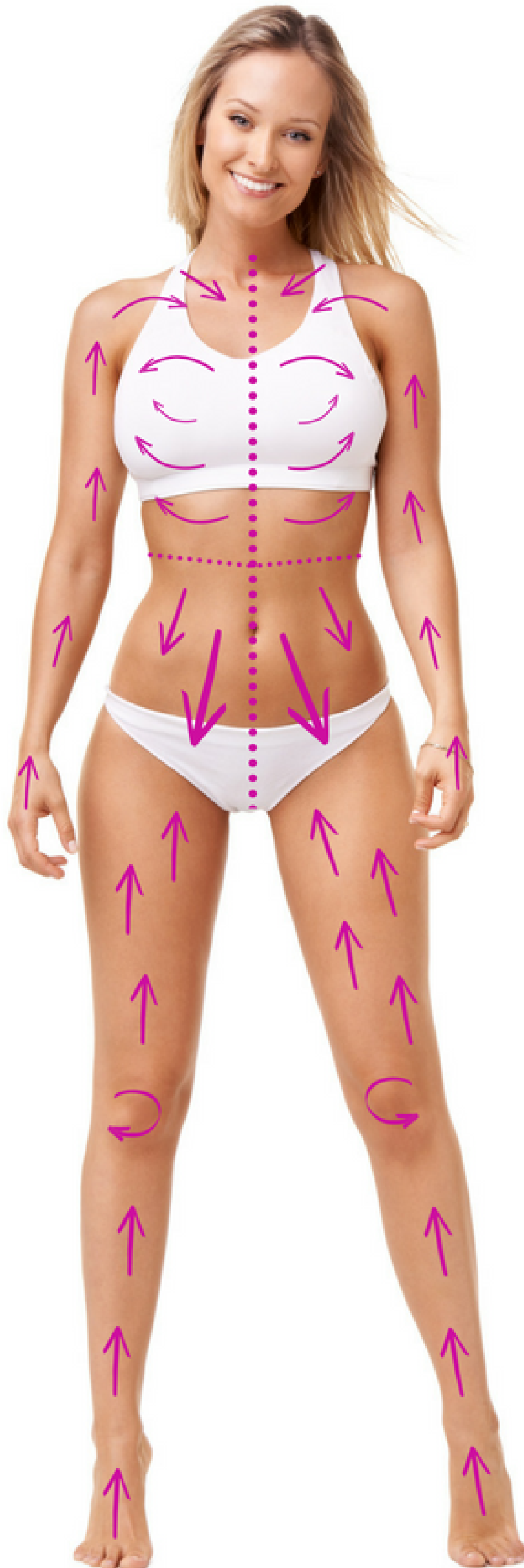
DON'T ever brush skin that is cancerous

DON'T ever brush areas with enlarged or swollen lymph nodes

DON'T brush your breasts or genital areas

HOW TO DRY BRUSH

BEFORE YOU START - Ensure your body brush is clean and free from any loose bristles (common when the brush is new). It is recommended to brush first thing in the morning before showering or bathing.



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BODY BRUSHING

1. Start at your feet, use swift upward strokes to brush up the legs, always working towards your heart.
2. When you have completed the lower body move on to the upper body. Starting with the hands brush using swift upward strokes up the arms, again always brushing towards the heart.
3. To brush your back use the long handle extension as needed. Brush upwards towards the heart from the lower back and brush downwards on the upper back. Again always brushing towards your heart.
4. Lastly move on to your front. Begin with your abdomen and brush in a downwards direction following the movement of your colon. Finally brush your chest and neck in the direction of the heart.
5. You should brush for about 3 to 5 minutes until your skin is rosy and slightly tingly from the brushing.
6. Always shower after you dry brush to wash away the dead skin.
7. Avoid brushing broken or sensitive skin and take care to brush lightly over any cellulite areas.



FACIAL BRUSHING



FACIAL BRUSHING

1. Décolleté (lower neck): brush towards your lymph area from shoulders and breast area inwards.
 2. Neck: brush upwards the middle and sides (towards the chin and ears). Brush lightly under your chin in short strokes.
 3. Chin: make inverted U strokes on your chin.
 4. Cheeks: make expanding circular motions up and outwards from the centre point of your cheek. Then make decreasing circular motions back to where you started.
 7. Eyes: using a light circular brushing motion, gently brush around the eyes rotating slowly and expanding up to eyebrow level.
 8. Forehead: starting at the bridge of the nose using outwards strokes, brush left above the eyebrow climbing up to the hairline and then again from the start this time brushing right.
 9. Rinse your face with fresh water when you are finished. Ideally in the shower. After showering apply moisturiser or serum to hydrate and nourish your skin.
- Your whole brushing routine (body and face) should take you about 5 to 6 minutes.



FOOT EXFOLIATION

Pumice is formed when hot lava mixes with water and hardens, resulting in a porous and abrasive stone, perfect for gently sloughing away dead skin and calluses. Pumice stones are typically used on the tough skin of your feet. Take care to use it gently so that you don't damage your skin.

1. Soften the calloused skin in warm water, either during a shower or soak in the bath.
2. Wet and soap the stone, then gently rub the stone over the area using circular motions until you remove the dead skin.
3. Pumicing should not hurt. If it does then you are using too much pressure or using it too long on the same area of skin.



DRY BRUSHING TIPS

TIPS & TECHNIQUES

We have covered the basics of brushing techniques above. The following tips will help you get the best experience when using your dry brushes.

- When dry brushing you should always try to make fluid single movement strokes towards the heart.
- The pressure you use when dry brushing should always remain at what you feel comfortable with for your skin.
- You can alternate between the different strength brushes as you wish and use different pressure or different strength bristles on different areas of the body to get the best body brushing experience.
- When dry brushing, starting at your extremities (hands or feet) and working towards the body helps to push toxins towards the lymph glands, this will maximise the health benefit of your brushing session.
- It is advisable to shower or bathe at the end of your dry brushing session in order to wash away any dead skin cells and deep cleanse your now open pores giving you fantastic looking skin.
- To end your dry brushing routine, after showering or bathing make sure you use your favourite moisturiser or essential oils to nourish your now fully cleansed skin. This routine will ensure you get smooth soft vibrant looking skin.

DRY BRUSHING TIPS

LOOKING AFTER YOUR **Snoozing Beauty**® BRUSHES

Properly looking after your dry brushes will not only make sure they last, but also ensure you keep them hygienically clean to keep using as part of your daily beauty regime.

- Clean your dry brushes after every few uses to remove dead skin and other debris. Wash the brushes with warm soapy water, parting the bristles to get at any persistent trapped dirt. Do not soak your brushes in water since this can cause damage to the wood.
- Shake off any excess water and place your brushes on a towel to fully air dry after you have washed them. Make sure your brushes are fully dry before you next use them.

LOOKING AFTER YOUR **Snoozing Beauty**® PUMICE STONE

- Clean your pumice stone after every few uses to remove dead skin and other debris. Wet the stone and use an old toothbrush or nail brush with warm water to clean. Apply liquid dish detergent to the toothbrush / nail brush, and then use the brush to scrub all sides of the stone for several minutes. Rinse the stone well in warm water to remove any remaining soap or dirt.
- Allow your pumice stone to air dry completely before storing. Storing your stone while wet will encourage growth of fungus. Place the stone on a small, clean towel after washing to encourage air circulation around the stone.

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