



Brushing Off The Hands Of Time.

Perhaps you remember me sharing my love for dry body brushing and the amazing skin and health benefits it provides. But, until now, I haven't shared my love for dry face brushing. Here is why - I didn't know dry brushing was so fantastic for the face too!

After experiencing years of health and beauty benefits from dry brushing my body, I wondered why I wasn't allowing my face the benefits too. Because who wouldn't want to shed old face cells, stimulate facial blood flow and bring about firm and fresh skin? Right? I know!

So I looked into it. I experimented with various brushes and tried many techniques. Come to find, dry face brushing rocks! It provides the face all the tremendous benefits that dry brushing does for the body - and more.

Let's talk skin and get you started:

The first layer of human skin is called the horny layer. This layer is made entirely of dead skin cells. To get rid of these old cells and to speed up new skin cell growth the dead skin cells need to fall away. This is where dry face brushing comes in handy. Facial dry brushing sloughs off dead skin cells better than traditional exfoliators and is so

efficient that it should only be done 1-2 times per week - maximum. And, to be extra good to yourself, always follow with a hydrating mask. I like to use raw honey or mashed avocado, both are very effective for hydrating the new cells.

Picking a safe brush to dry brush your face with is very important. The skin on the face is very sensitive and can be damaged easily. The brush you use should be soft and flexible. I prefer to use a brush made of jute fiber. Jute is naturally soft and flexible and lends perfectly to dry facial brushing.

To get started, wash with your favorite natural facial cleanser and allow your face to fully dry. Begin to gently dry brush, in a counter clockwise motion, at the base of the neck, near the collarbone. Brush upwards toward the jaw line starting at the chin and brushing toward the ears. Keep doing so around the upper lip, cheeks, nose, and forehead - always making sure to brush upwards or in a counter clockwise motion. When the brushing is finished, rinse with warm water and pat dry.

Facial dry brushing is a simple and natural way to take your beauty regime to the next level. You will be blown away by the results and if you don't get addicted to it, you're doing something wrong.