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What is Dry Brushing and How to Do It



Dry brushing is exactly what it sounds like. It's literally brushing your body without using any oil, butters, or other moisturizer.

Why dry brush? My first experience with the holistic skin care ritual proved that it makes your skin smoother and softer almost instantly. I felt it removed much more dead skin cells than using a brush (or even my beloved exfoliating gloves) in the shower.

In short: Dry brushing keeps you from being ashy.

It's also supposed to be really good for supporting your body's natural detoxification system.

[Refinery 29 reports on dry brushing:](#)

According to aesthetician Susan Ciminelli, dry brushing increases the circulation of lymphatic fluid and blood flow. It helps circulate nutrients through the body as well as waste, helping to take pressure off the kidneys to regulate the amount of water in the body. Excess water is secreted, and Ciminelli even claims that it "helps to keep the layer of fat under the skin's surface very thin. The thinner that layer of fat, the easier it is for the body to excrete toxins through the skin."