

# Dry Body Brushing

This is a process that has been around for centuries. Skin brushing opens pores, stimulates sweat glands, and increases blood circulation while encouraging the body to release waste material from the cells near the surface of the body. It will get rid of dead skin, dirt, and some acid. It will make your skin glow while it moves lymph and blood. Dry body brushing is an incredible tool to use to get your lymph moving and keep it moving—this makes a healthy you! It is one of the easiest and least expensive ways to detox at home. You can do it every day or just a few times a week and reap the benefits. The dead skin comes off and the essential oil goes in, this means you will have fewer bacteria on your skin (healthier for you and for those around you). For best results, follow with a hot shower to open the pores allowing the toxins to come out and be washed away and the essential oil to be driven all the way in.

## Benefits:

- Removes dead skin layer
- Tightens skin
- Helps in digestion
- Stimulates circulation
- Removes cellulite
- Increases cell renewal
- Cleans lymphatic system
- Strengthens immune system
- Stimulates glands thus helping all of the body systems perform at peak efficiency
- Improves exchange between cells
- Increases your skin's ability to eliminate toxins
- Improves the health of the liver and kidneys because it enables the skin to take on more of the burden of detoxification
- Stimulates the nervous system (that helps improve its function)
- Tones muscles

You must use a natural bristle or natural hair brush when doing body brushing. Synthetic bristles or brushes won't allow the energy flow to happen, it will stop the electrical charge.

Now that you have your brush, you need to decide which essential oil(s) you want to brush on. Bay Laurel is your first choice for moving lymph. You may choose to augment it by rotating with any of the following or by creating a blend with the following:

### Super Immune System:

- Bay Laurel
- Peppermint
- Frankincense

### White Blood Cell:

- Bay Laurel
- Lavender
- Bergamot
- Lemon
- Rosemary
- Tea Tree

### Cellulite Reduction:

- Bay Laurel
- Cypress
- Fennel
- Lemon
- Geranium
- Sweet Orange
- Rosemary
- Clary Sage
- Birch
- Eye Vision (I-Vision)  
Blend (use alone, do not  
blend with other oils)

Note: If you want to do more than one oil in a day you will need to do the complete body brushing for each oil (so that it gets layered) or create a blend with a drop or two of each. You could also use Bay Laurel on Monday, Wednesday, Friday, and Sunday and use Tuesday, Thursday, and Saturday for a different oil if you want. Or, body brush with Bay Laurel and then soak with one of the other oils, then shower as usual.

**A sample weight loss (cellulite reduction) recipe follows:**

2 drops Orange  
5 drops Geranium  
5 drops Rosemary  
3 drops Cypress  
3 drops Birch

Mix these together in a new bottle or an empty bottle that originally contained one of the oils in the recipe. Then you can drop out a couple of drops to use at each stage of the body brushing.

**Weight Loss Body Brush Recipe:**

Mix in a bottle:

20 drops of Orange  
50 drops of Geranium  
50 drops of Rosemary  
30 drops of Cypress  
30 drops of Birch  
20 drops of Fennel  
10 drops of Bay Laurel

Use the above mixture as your essential oil when you body brush. This recipe fills a 10 ml bottle!

You will use a total of approximately 10 drops of essential oil per body brushing session.

You're almost ready to start the actual brushing so let's define the term brush. The brushing procedure should be light—you are not attempting to remove skin. It should be light and gentle, quick small strokes, removing the brush from the skin in between strokes. You're kind of flicking the brush against the skin. You may see some reddening of the skin—this should be a simple flush as the skin reacts to the contact and stimulus of the brush. If you are seeing a reddening of the skin due to abrasive contact with the brush you are brushing too hard. If you see scratch marks you are REALLY BRUSHING TOO HARD. You're not trying to remove skin. It's really not that much effort. When you make the little flicking motion you are taking the positive energy from the brush and moving it, using static electricity thereby increasing the energy, and as you come off of the skin you are actually pumping the lymph!

**Before you start, here are your rules of thumb:**

- Start on the right side first—always do right side then left side.
- Always brush towards the heart (note: arms are considered to be something that hang down at your side, so you brush from the hands to the shoulders).
- You will do all of these moves in threes. Why threes? It is part of the golden proportion, the phi ratio. Your body is built on golden proportions.
- Note: This will probably give you energy. You may not want to do this just before going to bed, as you may not sleep.
- You don't need to cover all of the skin, but you can if you want.
- Avoid areas of broken skin or rashes.

**Body Brushing:**

1. Disrobe.
2. Take 1-2 drops of the essential oil(s) you are going to use and put it in the palm of your hand. Rub your hands together just enough to get the essential oil on both of them. Lightly rub your hands on each of your legs (starting with the feet and going all the way up to your groin) so that the essential oil is on both legs. You can use a carrier oil if you are sensitive to the essential oil(s), but generally speaking just put the essential oil on straight.

3. Stick your right foot out, take the brush and put the brush right in the middle of your toes and then pull it towards your knee, straight up the center, gently brushing with little nice strokes until you get to the groin. You do this three times. Next you do the outside of the leg, same way, from the little toe to the outside of the knee and up the leg, angling in towards the groin. Next you do the inside of the leg, same way, from the big toe to the inside of the knee and on up to the groin. Finish by doing the bottom of the foot and up to the back of the knee and up to your gluteus maximus. Repeat with the left leg. (Note: some people will tell you to do the feet up to the ankles, both sides, then the ankles to the knees, both sides, then from the knees to the groin, both sides. That's fine, too. Do whichever way is easiest for you.)
4. Get a couple more drops of essential oil and put them on your arms. Brush the right arm first. If you have a brush where the brush can be separated from the handle you will want to do that here. Just like with the feet, start at the base of the fingers and work your way up to the shoulder, three times. Next do from the thumb to the shoulder, three times; then the pinky to the shoulder, three times, and finally from the palm to the armpit, three times. Repeat with the left arm. (Note: Some people will tell you to do from the fingers to the wrist, from the wrist to the elbows, then from the elbows to the shoulder. Again, go with whichever feels easiest to you.)
5. Next you'll do the head. Again, take a couple of drops of your essential oil and put it on. Avoid the eye area, but you may want to get just a touch near the eyes to help reduce crow's feet, just be careful. Make sure you get some under your chin to help reduce the sagging waddle that we can get there. Don't be afraid to get it in your hair (goes straight to your brain and that's good). Draw in your mind an imaginary triangle on each side of your face, jaw back to ear, up above ear, down to front of jaw. Draw a third triangle on your neck—look up, the point of the triangle is at your chin, goes down the jaw line, across, then up the other side. Start with the right side of your head, then the left, then the bottom. You want to spend more time on the under the chin triangle in order to keep it from sagging. Trapped lymph fluids cause it to sag. Again, start on the right side, then do the left, and finally under the chin (working right to left).
6. Now the back. (If you took the handle off of your brush, put it back on now.) Get your two drops of oil on your hand—WAIT, before you rub your hands together, rub them so that one hand gets the oil on the back of the hand. Use that hand to put the oil on the lower part of your back and the hand with the oil on the palm to put the oil on the upper part of your back. Start at the bottom of your back, center, go up about halfway, then do the right side, then the left side. Do it three times each one. Now the top of your back, brush down the center, from the neck to about halfway down, angling towards the outer edges of the body (follow the lymph circulation). Then the sides.
7. Now put on your last two drops of essential oil. These go on the front of your torso. Women, be careful of the breast area, this sensitive skin sometimes reacts to the essential oil with a rash. (If you have a brush with a removable handle you may want to remove the handle.) You will do a star shape all around the nipples, starting with the right one, working clockwise (coming from the center of the nipple out, start at the top, go around the outside, the bottom, then the inside. Do the other side. Do from the neck down towards the armpit, right side first, then left. Remember, three times each. Finally, work the navel. Work the top quadrants up towards the side of the body; the bottom quadrants go down towards the groin.

Get up in the morning; do this, then jump in the shower and it drives the essential oil even deeper into the system. If you have a lot of trapped blood proteins, you can lose up to ½ lb a day!

If you have a swollen lymph gland, apply 2-3 drops of Bay Laurel directly onto the swollen gland 1-2 times per week for relief. Note: This can cause irritation! You obviously have a problem in this spot or you wouldn't have the swelling, it can cause a rash or discharge as the essential oil clears up the problem. You may need to back off for a few days, soak, drink lots of water, and then start again.

**To order, for class information, or if you have questions contact:**

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