

Wellness Solutions by Sonora

What is Dry Brushing?

Dry brushing is a holistic self-care practice that involves massaging the body with a stiff, natural-bristle brush. It's a simple, rhythmic ritual that prepares your skin and body for the day ahead.

Why Your Skin Will Love It

- **Deep Exfoliation:** Manually sweeps away dead skin cells and debris, revealing a smoother, more radiant complexion.
- **Boosted Circulation:** Stimulates blood flow to the surface, delivering oxygen and nutrients for a healthy "glow."
- **Lymphatic Support:** Brushing toward the heart encourages the drainage of metabolic waste, helping to reduce mild puffiness.
- **Clearer Pores:** Keeps follicles clear to prevent ingrown hairs and common textures like *keratosis pilaris* (small bumps).
- **Better Product Results:** By removing the "dead skin barrier," your favorite moisturizers and oils can penetrate deeper and work more effectively.
- **Natural Energy:** The sensation "wakes up" the nervous system, making it an invigorating way to start your morning.

Your Step-by-Step Routine

1. **Timing is Everything:** Best performed on **dry skin** immediately before your morning shower or bath.
2. **The Technique:** Use long, sweeping motions. Always start at your feet and move **upward toward the heart**.
3. **Mind the Pressure:** Use light to firm pressure. It should feel like a massage, never painful and it should never break the skin.
4. **The Cleanse:** Shower normally to rinse away the loosened skin cells.
5. **Seal the Glow:** While skin is still damp from the shower, apply a **natural moisturizer or body oil** to lock in hydration.

⚠ A Note of Caution: Avoid brushing on sensitive areas (like the face), open wounds, or inflamed skin conditions such as eczema or psoriasis.

Disclaimer “This information is for educational purposes only and is not intended as medical advice. Please consult your healthcare provider before making any changes to your health or wellness routine.”