



Glynis Barber

BRUSH YOUR BODY TO HEALTH

Daily body brushing can do more than just improve our appearance – it can make us feel better too, says Glynis

If you've never heard of dry brushing your body before, I'm sure you're imagining using your hair brush all over and thinking how odd it sounds? Well, that would be odd and probably a bit painful. Dry brushing is, in fact, a very pleasant sensation and involves a wonderfully soft brush with dense, flexible hairs specially designed for the task. As you get used to it, you can graduate to a slightly firmer type brush or, like me, just stick to the soft variety. Either way, you will reap all kinds of benefits.

The skin is our largest organ and taking good care of it will help us feel good and look good, too. It consists of blood vessels, sweat glands, nerve endings and also removes waste, aids in digestion and plays an important role in blood circulation. Brushing the skin on a regular basis will give your

system a gentle detox, helping with the removal of toxic waste, whilst at the same time increasing energy and decreasing stress. It can also help to lift brain fog and gives blood circulation a real boost, which gives your skin a healthy glow.

Added to this, it is an effective way of exfoliating the skin. We are constantly shedding skin cells, but sometimes they don't shed fast enough and our skin can become irritated. This can lead to eczema, psoriasis and even acne. So while skin brushing is helpful to release toxins, it also gets rid of unwanted dead skin cells.

However, dry brushing the skin has another important function in stimulating the lymphatic system. This is a network of tissues and organs that play a vital role in transporting metabolic waste out of the body. Many of the lymph nodes are located just under the surface of the skin, which is why dry brushing is so effective at stimulating them. As you get older, the lymphatic system can become very sluggish and this compromises the immune system. There are a number of things you can do to improve your immune system, from exercising to taking care of your gut, but dry brushing is by far the easiest and most enjoyable. You will still need to exercise though, as movement is essential for the lymphatic system to function properly.

There is much anecdotal evidence to suggest that dry brushing may even help prevent and reduce cellulite (although no science to back this up). It would appear to reduce the bumps and clumps that cellulite can cause. And, by boosting blood circulation, body brushing can bring much needed nutrients to the skin's surface.

5 WAYS TO BETTER BRUSHING:

- 1** Find a brush specially designed for the purpose. Look for one with bristles made from natural fibres rather than synthetic. The bristles should be dense and strong.
- 2** Always brush your skin just before you shower.
- 3** Start brushing on the lower part of your body and work your way up.
- 4** Use circular, upward movements toward your heart, from the tips of the toes and the soles of your feet, first doing one side of the body and then the other.
- 5** Don't use a regular dry brush on your face. Only ever use a specially designed facial brush.



Glynis Barber is an actress and co-author of *The In-Sync Diet* (theinsyncdiet.com), and founder of agelessbyglynisbarber.com