Dry brushing and Body Oiling

**Benefits of this protocol include:**

* detoxification by pumping your lymphatic system with the dry brushing motion
* rebuilding your skin barrier by eliminating the use of soaps that deplete your skin barrier
* the oil and your improved skin barrier help defend against environmental pathogens
* this practice has been shown to help regulate and soothe your nervous system, and has been used for thousands of years as part of traditional Indian medicine (Ayurveda)

**Instructions for body oiling:**

1. Get naked.

2. Dry brush with strokes toward your heart.

3. Pour a generous amount of oil into your palms.

4. Oil from your extremities toward your center, including your feet and sacred parts.

5. Say kind and loving affirmations about your body, to your body. Say something like, “This is my body. I am safe inside of my body. My body is an intelligent being, always working for my highest good.”

6. Honor your skin, your age, your folds... Remembering your aliveness and that you are

beautiful!

7. Let the oil soak in for as long as you like.

8. Shower or bath without soap. Oil is cleansing, so you do not need to use soap. If you prefer to use soap on your arm pit, feet, and private areas, use the Dr. Bronners soap with organic, biodegradable ingredients.

9. Pat yourself dry (don’t rub your skin – only pat).

10. Feel the amazing benefits all day.