

What Is Dry Brushing?

And Why Should I Try It?

Dry brushing is gaining a lot of popularity, and we often get asked how to dry brush. Dry brushing is even apart of many spa services, so before you try it let's try to break it down for you.

Dry brushing is what it sounds like, brushing the skin in a particular pattern with a dry brush, usually before showering. With dry brushing, the skin is typically brushed toward the heart, starting at the feet or hands and brushing toward the chest. Soft pressure and a brush with the right bristles can be an excellent way to start the day and have your skin looking great.

We recommend that you only dry brush a few time a week. Brushing too frequently or vigorously—or using a brush with tough bristles—could cause “micro-cuts,” which are not good for any healthy skin regime.



BENEFITS OF DRY BRUSHING

There are a lot of blogs out there that go on for days regarding the benefits of dry brushing. People dry brush for different reasons, but we'll stick to the ones that we keep in mind.

1. EXFOLIATION

Exfoliation is often the first benefit a person notices when starting a dry brush routine. Running a firm, natural bristled brush over the skin helps loosen and remove dead skin cells, naturally exfoliating skin. Dry brush converts will often notice softer skin in the first few days and weeks starting dry brushing. Dry brushing is one of the simplest and most natural ways to exfoliate skin.

This exfoliation can often help remedy Keratosis Pilaris. Keratosis Pilaris is a skin condition that forms hard bumps on your skin, generally on a hair follicle. They usually appear on your upper arms and thighs and commonly afflict those with dry skin.

2. CLEAN PORES

The added benefit of exfoliating the skin is clearing oil, dirt, and residue from the pores. Clean pores free from dirt and oil can lead to pore size reduction. You can also use a specialized smaller gentler dry brush for the face. Dry brushing can leave you with smaller pores and clean, soft skin.

3. LYMPHATIC SUPPORT AND SKIN DETOX:

Stimulating the lymphatic system is a core benefit. The lymphatic system is responsible for collecting, transporting to the blood, and eliminating the waste, our cells produce. If the lymphatic system is congested, it can lead to a build-up of toxins, causing inflammation and illness. Dry brushing stimulates the lymphatic system as it stimulates and invigorates the skin.”

TWO POTENTIAL BONUSES TO DRY BRUSHING

DRY BRUSHING HELPS REDUCE CELLULITE

There are many accounts of people who claim that regular dry brushing greatly helped their cellulite. We'll be honest, there isn't much research to back the cellulite claims, but dry brushing feels great and makes skin softer, so there isn't any downside to trying it!

A NATURAL ENERGY BOOST

Often people say that they have more energy after a dry brushing session. Again, we wouldn't say you're guaranteed to see an energy boost after dry brushing, but you never know. :)

SELECTING A DRY BRUSH

Our essential for a dry brush, a firm natural bristle brush. If you are looking for a whole body brush look for one with a good handle, which allows you to reach your entire back and easily brush your feet and the backs of your legs.

HOW TO DRY BRUSH: THE METHOD

Dry brushing can be done daily, preferably in the morning before showering. Start with a gentle brush and soft pressure. Work up to a firmer brush and more firm pressure over time.



HERE'S HOW TO DRY BRUSH THE SKIN

You can dry brush before showering and use a natural lotion after showering. Or you can brush after showering by applying a little body oil to the dry brush bristles. We recommend dry brushing in the mornings as it's a perfect way to start the day.

Don't brush too hard! A soft and smooth stroke often works best. Always brush toward the heart/chest. Start with the furthest point and move closer and closer to the chest. Your skin will be slightly pink after brushing, but it should never be red or sting. If it hurts, you're using too much pressure.

Start with your feet and legs. Brush the top of the feet and then up the legs in long, smooth strokes. You can brush each section of skin as much as you like but we recommend 5-10 times.

Repeat the same process with the arms, starting with the palms of the hands and brushing up the arm toward the heart. Again, we recommend 5-10 times for each section.

On the abdomen and chest, brush in a circular clockwise motion. Then repeat the process on your back. To brush your face and neck, we recommend using a softer bristle brush than the one you use for your arms, legs, and chest.

Replace the brush every 6-12 months as the bristles will eventually wear out. We also recommend washing the brush every few weeks to remove dead skin cells.

Get In Touch

THANKS FOR READING!

We hope you enjoy your new dry brush routine.
Let us know how you like it!

As always please feel free to reach out for all
your soapy needs!

-The Baudelaire Team

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A photograph showing a clear glass jar with a white lid, containing bath salt. The label on the jar reads "PROVENCE SAINT-ÉTIENNE BATH SALT 565 GR / 20 OZ MADE IN FRANCE". Next to the jar is a dry brush with a wooden handle wrapped in twine and light-colored bristles.

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