

Dry Brushing Handout

What is dry brushing?

Dry brushing, or Garshana, is an Ayurvedic practice in which the skin is brushed with a natural bristle brush, typically before bathing.

How is dry brushing done?

Dry brushing is simple. All you have to do is follow these simple steps:

1. Select a brush with natural bristles and a long handle for reaching all body parts.
 2. Perform dry brushing on dry skin before showering or bathing.
 3. Start at your feet and brush upwards towards the heart using gentle, circular motions.
 4. Massage the abdomen in a clockwise direction to aid digestion, and apply the same technique to the lower back, buttocks, and hip joints.
 5. Use long strokes from the hands to the shoulders for the arms, with circular motions at the wrists and elbows, and continue with long strokes on the neck and shoulders, adding circular motions around the chest.
 6. Finish with small circular motions on the top of the head and the face, including the ears, starting from the center and moving outward.
 7. After dry brushing, you may shower with water and gentle soap. To soothe some areas, you may also apply moisturizer or lotion after the bath.
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What are the benefits of dry brushing?

It offers several potential benefits for skin health and circulation, though it requires careful attention to how it's done. Here are some of them:

- It helps clear dead skin cells, promoting smoother and softer skin. It can also improve the absorption of skincare products.
- By stimulating blood circulation and lymphatic drainage, dry brushing supports the body's natural detoxification process and may reduce limb swelling.
- While results vary, regular dry brushing may temporarily improve the appearance of cellulite by promoting lymphatic flow and breaking down toxins beneath the skin.
- Dry brushing helps relax the mind by stimulating nerve endings and promoting a calming effect through repetitive, rhythmic motions.

Are there risks and precautions regarding dry brushing?

Understanding the risks associated with dry brushing is essential for safe and effective practice. Here are some of the things an individual must keep in mind:

- Avoid dry brushing over areas that are irritated, sunburned, or have cuts to prevent exacerbating these conditions and causing discomfort.
- Applying gentle pressure during dry brushing helps prevent skin abrasions or microtears, ensuring the process remains beneficial without harming the skin's integrity.
- Limiting dry brushing to 2-3 times per week allows the skin to recover between sessions, preventing overstimulation that could lead to irritation or sensitivity.

Remember that dry brushing is a complementary practice, not a medical treatment substitute.

Notes

References

Buddhist Studies Institute. (n.d.). *Dry skin brushing – garshana*. Retrieved July 8, 2024, from <https://buddhiststudiesinstitute.org/courses/simple-dinacharya/lessons/dry-skin-brushing-garshana/>

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