

THREE SEASONS AYURVEDA



Garshana - Ayurvedic Dry Skin Brushing



Our skin is the largest organ for detoxification, and practicing the ancient Ayurvedic practice of dry skin brushing, called Garshana, is one of the easiest ways to encourage the body to cleanse. This technique stimulates the skin and the lymphatic system, which enhances blood circulation and begins the process of releasing toxins. Furthermore it is credited with reducing cellulite, stress, and muscle tension; balancing the hormonal system; and soothing the nerves and calming the mind.

You can purchase Garshana (silk or linen) gloves on line but you can also use a gentle brush with a long handle to access the hard-to-reach areas.

How to Dry Brush

1. Massage your entire body, excluding your face, chest, and heart, but avoid sensitive areas and anywhere the skin is broken or inflamed.
2. Use circular strokes on the stomach and joints (shoulders, elbows, knees, wrists, hips, and ankles), and long sweeping strokes on the arms and legs.
3. Apply light pressure where the skin is thin, such as the underarms, and harder pressure where the skin is thicker, such as the soles of the feet.
4. The direction of the stroke should always be toward your heart which helps the lymph drain correctly. Massage from your feet upward, continuing up to your torso and on to your neck. Also massage from the hands to the shoulders.
5. **This should take at least 5 minutes.**
6. Complete your Garshana with a shower.