

Dry Brushing

For Exfoliation, Health and Silky Skin

Felicia Brown ~ Spa Consultant & Trainer ~ Spalutions!



Felicia Brown, LMBT

- Licensed Massage Therapist
- Owned 2 day spas + new wellness center
- NCBTMB Approved Provider
- Author of **Free & Easy Ways to Promote Your Massage, Spa & Wellness Business**



What is Exfoliation?

Any mechanical or chemical process that removes top layer of skin/dead skin cells



Brush and Buff Away

- Dry exfoliations (dry brushing, loofah, gloves, etc.)
- Usually combined with products at finish

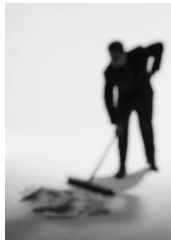


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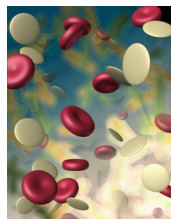
Benefits of Dry Brushing

- Activates pores in the skin to remove waste materials



More benefits

- Increases and stimulates blood circulation in all the underlying organs, connective tissues and lymphatic system.



Key Benefits of Exfoliation

- Stimulates the nerve endings in the skin.

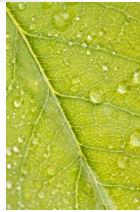


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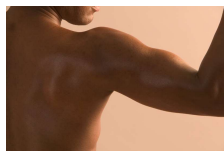
More benefits

- Stimulates hormone function - especially the oil producing glands.
- By keeping the pores open, the skin is better able to retain its natural oils.



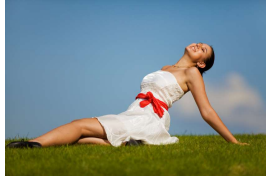
Possible Benefit?

- Contributes to better muscle tone and distribution of fat deposits within the tissues.



Did I mention...

- It feels GREAT!!



Two Main Reasons

- Want results/solution (Ex: Smooth skin)
- Want an experience (Ex: Feeling pampered)



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Contraindications

- Sunburn
- Poison ivy
- Open wounds
- Rashes
- Sensitive skin
- Ticklish
- Allergy to product



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Let's Brush & Buff!



Tools & products needed:
Aromatherapy oil, dry brush,
loofah, gloves and/or
exfoliating mitt
Done alone or with another
treatment

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Finishing Touch

- Follow with a soft or feathering touch, and an application of your favorite scent of body silk (unscented also available)



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