

The Nervous System Reset™

Dry Brushing

A Simple Daily Practice for Circulation and Lymphatic Support

Dry brushing is a simple at-home hydrotherapy technique traditionally used in naturopathic and spa therapies. It involves gently brushing the skin with a natural bristle brush before bathing to support circulation, skin health, and lymphatic flow.

This practice is commonly used as part of a self-care routine to help stimulate the skin, support healthy fluid movement in the body, and promote relaxation. Many people also find it grounding and calming for the nervous system.

Benefits of Dry Brushing

- Supports lymphatic circulation and fluid movement in the body
- Encourages healthy blood flow and venous return
- Gently exfoliates the skin, leaving it smoother and softer
- Stimulates sensory receptors in the skin, which may promote relaxation
- Supports a sense of calm and help reduce feelings of stress or tension

How to Dry Brush

- Use a brush made from natural fibres for approximately 5–10 minutes before showering
- Always brush gently, aiming to lightly stimulate the skin (it should become slightly pink, not red or irritated)
- Avoid broken skin, rashes, sunburn, wounds, or inflamed areas
- Be especially gentle over the face, neck, and chest
- Brush the left side of the body first, then the right side
- Use around 7 light strokes per area
- Always brush in the direction of lymphatic flow, towards lymph node areas

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Order of Brushing

Follow the sequence over page, moving from central lymph node areas outward:

1. Armpits and chest
 2. Upper back, neck, face, and scalp
 3. Sides of trunk, mid-back, and lower back
 4. Arms, hands, fingers, and wrists
 5. Groin and buttocks
 6. Legs, feet, toes, and ankles
 7. Abdomen
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Important Note

When brushing, begin by gently stimulating lymph node regions before moving to surrounding areas. This supports natural lymphatic drainage pathways.

Final Tip

Dry brushing is most effective when done consistently as part of a daily or regular self-care routine. It should feel energising but gentle, never harsh or uncomfortable.



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