

Daily Self-Care Massage

For a refreshing start to your day, try incorporating dry skin brushing and self-massage into your morning routine. This daily routine is packed with tons of benefits:

- Daily massage and dry brushing helps to stimulate blood & lymph circulation
- It can help to promote detoxification and overall skin-health
- Self-Massage can have an impact on muscle aches and pains and increase muscle tone.
- Dry brushing helps to exfoliate the skin, giving it a fresh, glowing look. Dry brushing can also help to stimulate the nervous system if you are feeling unmotivated or depressed.
- *Tip: If you're feeling down, imagine that you're brushing away negative or stagnant energy when you do your dry brushing.*



Step 1 -

Start by using a dry exfoliating brush. Use long strokes along the bones and circular strokes on the joints. Work upwards from the toes to the heart center, then from the fingertips to the heart center, making sure to exfoliate the entire body.

Step 2 -

Following the same technique as above (working from the feet up toward the heart center) begin

your self-massage. This can be done with your favorite lotion or try using your favorite oils instead. Sesame oil has warming characteristics, and coconut oil has a cool quality that can be lovely during the summer months. Whatever oil you chose, applying it topically to your skin allows you to absorb the benefits of the oil in a similar way as digesting the oils would. Pay special attention to any sore muscles during your massage. You might try to incorporate gratitude into your massage practice by being thankful for your body and everything it helps you to do.

***Tip: If you are using oil, try doing this technique before taking a warm shower to allow the nutrients and moisture from the oil to penetrate deeply into the skin. For additional benefits, try adding lavender or any other of your favorite essential oils.*