

*hibisKISS āyurveda*

## Garshana (Dry Brush Body Massage)

Your skin happens to be the largest organ of the body and a means to eliminate toxins.

Follow this simple daily routine to nourish your skin and:

- Exfoliate and open pores
- Circulate blood flow
- Assist in lymphatic drainage
- Smooth out cellulite deposits
- Push toxins out of the body
- Awaken internal organs
- Remove dead skin cells
- Oxygenate tissues and cells

To give yourself a dry-brush body massage:

Using a comfortable amount of pressure, take a brush, loofa or washcloth and stroke

the skin in a circular motion. Start at your feet, with strokes made towards the heart.

Cover the entire body (excluding your face) followed by applying abhyanga oil and your morning shower.

