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## The 11 Best Body Brushes for Exfoliating

Unveil smoother, firmer and brighter skin with these rejuvenating self care body exfoliating devices.



There are countless **skin care tools** on the market that can deliver the smooth, glowy, healthy-looking skin you covet, with the press of a button. Unfortunately, these same high-tech beauty tools come with a high price tag, not to mention a bunch of loose parts and accessories to navigate. Fortunately, you don't need a fancy gadget to garner these results. Dry brushes, in addition to your favorite **body polish**, **cleansers**, and **facial cleansing brushes**, do the trick, too.

While body brushing has become more mainstream in recent years, the tool a must-have in the **best spa gift baskets**, considered a bathtime luxury like **bubble bath** and **bath bombs**, the technique isn't actually a new concept. On the contrary, dry brushing is an ancient Ayurvedic **skincare** ritual, and it was designed to "aid your lymphatic system of ridding your body of the toxins through the skin via sweating," board-certified dermatologist, **Dr. Neda Mehr** tells WWD.

“As the largest organ of the body, the skin is an excellent resource for the body to eliminate toxins,” the medical director at Pure Dermatology Cosmetic and Hair Center shared over email. “Dry brushing significantly speeds up the skin’s ability to eliminate toxins by the use of natural bristles that unclogs the skin pores in the direction of the body’s natural elimination system, or lymphatics. This helps prevent the backup in the lymphatic system, which can leave your body feeling less bloated, swollen, and inflamed.”

## How to Use a Dry Body Brush

It’s important to note that not all skin types are candidates for dry brushing. Dr. Mehr warns that anyone with dry, sensitive skin, a history of eczema, psoriasis, or other inflammatory skin conditions should avoid this exfoliating method in favor of a gentler technique. Additionally, if you have cuts or wounds on the skin, do not dry brush until these have healed, “as dry brushing could increase the risk of developing infections in these areas,” she says.

If you are a candidate for dry brushing, you can go about it one of two ways: You can dry brush before showering, in which case Dr. Mehr recommends laying out a large, clean towel underneath you to catch any flaky, dry skin. Or, you can dry brush in the shower, which, Dr. Mehr notes, will make washing off the dead skin much easier.

Once you know your plan of action, the process of dry brushing can be broken down into three simple steps:

**Step 1:** To begin, Dr. Mehr tells WWD to start with your feet first and work your way up to your legs, then stomach then arms, and back. You’ll also want to try to drain into your lymph nodes, so make sure you’re brushing the base of your pelvis and your armpits, and avoid your face and neck area.

**Step 2:** Now that you know *where* to brush, it's important to know *how* to brush. Light pressure is key, says Dr. Mehr, and you want to move in wide circular motions going clockwise.

**Step 3:** Post-dry brushing, Dr. Mehr says a quick, cool shower and a session in an infrared sauna (if you have access to one) can be beneficial. "This can help you eliminate the toxins via sweating immediately after you have dry brushed your skin," she tells WWD.

Below, explore the best body brushes for exfoliating that will transform your body care regimen.

## Products to Use Post-Exfoliation

Dry brushing is not a solo act; your results will reflect the products you use post-exfoliation. If you're taking a shower after you dry brush (as is highly recommended by Dr. Mehr), Dr. Maiman tells WWD a mild, gentle body wash that contains acne-fighting ingredients (i.e. salicylic acid or chemical exfoliants like glycolic acid) will offset and/or soothe any irritation from the brush. Once you're out of the shower, Dr. Maiman suggests following up with a moisturizing lotion or cream, with skin-loving ingredients like ceramides, hyaluronic acid, glycerin, dimethicone, and urea "to lock in moisture."