

SELF

Miranda Kerr Is Prepping Her Skin For Her Wedding With This Drugstore Tool

Alexis Bennett – February 2, 2017



Last fall, Miranda Kerr announced her engagement to Snapchat founder and CEO Evan Spiegel. And now, the 33-year-old model is sharing the daily beauty ritual that's helping her prep for her wedding day. "I'm such a big fan of body brushing," Kerr tells InStyle. If you're thinking that sounds like an over-the-top treatment, think again. It's actually pretty simple and affordable. All you need is a bristled brush (you can find one at your local drugstore) and five minutes. "I do it every morning religiously," Kerr says.

The benefits go beyond whisking off dead skin cells. "Dry brushing improves the flow of blood, and a good blood flow is essential in detoxing," board-certified dermatologist **Ava Shamban**, M.D. tells SELF. Stimulated blood flow also "improves the overall function of your lymphatic system," says Shamban. The lymphatic system is the group of tissues and organs that carry white blood cells throughout your body to help fight off infections and get rid of waste. What's even better: Shamban says that dry brushing will also give you a natural glow

If you're thinking about trying dry brushing at home, Shamban recommends doing it before you start your day. "It is best to perform [dry brushing] in the morning before taking a shower. Do not apply moisturizer. Do it on dry skin," Shamban says. Just apply light strokes in an upward motion, sweeping towards the heart for five to ten minutes, and you'll have healthy, radiant skin like Miranda Kerr in no time.

<http://www.self.com/story/miranda-kerr-dry-brushing-method>