

# What is cellulite dry brushing?



Get ready to try [thé anti-cellulite for beautiful and healthy skin.](#)



If you are looking for solutions against cellulite, you may have already heard about dry brushing cellulite or dry brushing .



The lymphatic circulation will allow the elimination of waste, toxins and transport fat food.



Now, by brushing the body for 5 minutes a day before the shower, will also be able to stimulate the nervous system, delay the aging of the skin, prevent the sensation of heavy legs the whole, granting a moment of well-being every day!



Dry brushing anti-cellulite are not rubbed too hard. And the second, it is not done on any skin too sensitive, irritated, or damaged.





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