

Dry Skin Brushing

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It is well known that the Skin is the largest ‘organ’ in the body, and is responsible for one-fourth of the body's detoxification each day. This makes it one of the most important organs of elimination! The skin is also known as the "3rd" kidney and the lungs are known as the "2nd" Kidney. Toxicity can gather beneath the skin's surface from such common influences as poor quality body soaps, skin creams, anti-perspirants, or synthetic fibers worn next to the skin. Any of these can contribute to a variety of skin problems and conditions.

When you practice skin brushing, you are helping your lymph system cleanse itself of the toxins that collect in the lymph glands. You use a simple technique to improve the surface circulation of the skin and keep the pores of the skin open, encouraging your body's discharge of metabolic wastes, resulting in an improved ability to combat bacteria and helping your skin look and feel healthier and more resilient!

Benefits:

~TIGHTENS skin.

~HELPS digestion.

~REMOVES cellulite.

~STIMULATES circulation.

~INCREASES cell renewal.

~CLEANS lymphatic system.

~REMOVES dead skin layers.

~STRENGTHENS immune system.

~IMPROVES exchange between cells.

~ASSISTS the skin in the removal of toxins

~STIMULATES the glands, thus helping all of the
body's systems to perform at PEAK EFFICIENCY!

How To Do It:

• Buy a skin brush made of natural, non-synthetic fiber

• Buy a Brush with a long handle, so that you're able to get to the areas of your body, that are not easy to reach, when doing your own skin brushing.

• Skin brush before showering or bathing at least once per day and twice, if possible.

• Do NOT brush wet skin, since it will not have the same effect, because this stretches the skin.

• Always skin brush towards the heart.

• Do circular counter-clockwise strokes on the abdomen.

• Do lighter strokes over and around breasts, but do not brush the nipples.

• Brush each part of the body several times vigorously, completely brushing the whole body.

• Brush the soles of the feet first, because the nerve endings there affect the whole body, next brush the ankles, calves, and thighs, then brush across your stomach and buttocks and lastly brush your hands to the arms.

• Take a warm bath or shower, which should always be followed by a cool rinse at the end to invigorate blood circulation and stimulate surface warmth.

• Wash your brush every few weeks in water and let it dry.

Directional flow of skin brushing