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Skin brushing

The skin is the largest elimination organ, it is known to be responsible for 10 to 15% of total body elimination, and is sometimes referred to as the third kidney.

Dry skin brushing is a swift and powerful way to enhance the detoxification process. It's easy, pleasant and yields tremendous benefits!

Not only does it improve the appearance of your skin by eliminating dead cells and helping new skin to regenerate, it also stimulates blood circulation, the lymphatic system, and greatly enhances toxin elimination.

Brushing the skin gently stimulates the lymphatic system and is considered to be one of the best natural lymphatic cleansers available. The lymphatic system is composed of lymph vessels, lymph nodes, and organs. Part of the body's defense system, the lymph nodes remove microorganisms and other foreign substances. They act as a filtration system that keeps particulate matter, such as bacteria, from entering the bloodstream.

Stimulating the lymphatic system through skin brushing will activate all of the above functions as well as encourage blood circulation and cell regeneration. Both actions promote detoxification, weight loss and cellulite reduction, as well as improve body tone and skin radiance.

All you need is a NATURAL bristle brush with a long handle and 5 minutes.

Start with brushing the feet -including the soles- moving upwards to the thighs, in small circular motions. For the upper body part, put one arm up and brush down towards the armpit and then

move to the other arm. When brushing the torso brush towards the heart.

Brushing over the top of the breast and continue on the armpit, where there's a concentration of lymphatic nodes. Finish off with small circular brushing around the neck and shoulders, avoiding the face where the skin is sensitive.

Brush the abdomen from the left side to the right, and go around in circles to gently massage the colon.

As a general guide, it is more beneficial to brush from the extremities towards the core of the body.

Always brush gently, and especially over the sensitive areas. In time, and with practice, your skin will become more resilient and endure more vigorous brushing. It is important to avoid brushing over bruises, cuts or irritated areas.

Dry Skin Brushing benefits are numerous and include:

- Accelerating toxin elimination
- Stimulating blood flow and circulation
- Reducing Cellulite
- Enhancing lymphatic flow
- Exfoliation and removal of dead skin cells
- Anti-aging through cell regeneration
- Stimulating both the sweat and sebaceous glands, thus contributing to the restoration of moist, supple skin.

Brushing your whole body will take around 3 to 5 minutes. Always brush the skin when it's dry, and follow with a hot shower to wash off the dead cells.

To finish end with a shower and then a quick cold water shower blast.