

Skin brushing

Our skin is the largest organ in the body, and when fully functioning can eliminate more than half a kilo of waste per day. Problems can arise however when the skin becomes inactive and its surface is clogged with dead skin cells, residues of detergents, body creams, deodorants, metabolic waste, and the effects of air pollution, air conditioning, and synthetic fibres worn next to the skin.

Under these conditions the skin may be unable to excrete metabolic wastes effectively and this can increase the workload of the liver and the other eliminative organs.

Our lymphatic system has no 'heart' to pump the lymph fluid through the body so it must rely on movement and massage in order to flow effectively. Dry skin brushing is a simple and inexpensive way to encourage lymphatic circulation and drainage, which means a more efficient delivery of nutrients to the cells and the removal of toxic waste.

Skin brushing also stimulates blood circulation, and has been used to increase energy and assist with weight loss for many years.

Some of the many benefits of dry skin brushing include:

Softer, healthier skin, improved digestive function, reduced cellulite, improvement in circulation, strengthened immune system, aids body systems to perform at peak efficiency, younger looking skin, increased energy, increased cell renewal.

How to Skin Brush:

Buy a natural bristle brush, NOT synthetic, as it does not scratch the surface of the skin.

Always use your skin brush DRY and shower straight afterwards as the same effect will not be achieved if the skin is wet due to it stretching.

Always brush towards the heart, using short comfortable strokes, not too hard, but not too soft. Begin at the soles of your feet and work your way up the body using a counter clockwise motion on the abdomen. Include arms, legs, back and buttocks. Don't brush your face, but do brush your neck and if desired, your scalp.

Brushing can take anywhere from 3 to 10 minutes, depending on the time available.

Wash your brush gently every 2 weeks, with soap and warm water and allow to dry.

Finishing your 'after brushing' shower with a burst of cold water will accelerate the beneficial effects of skin brushing, and your body will really sing!

