



## DRY SKIN BRUSHING

Our skin is often viewed as just a covering for our body. Provided it looks good, we don't think about it.

However the skin is the largest organ in the body responsible for removing half a kilo of waste per day when it is functioning well.

So it's important we look after it!

### How do toxins enter our body?

Any time we eat, drink, rub something on our skin or inhale something, we absorb useful nutrients for our bodies and unnecessary or harmful substances (exotoxins).

An often over-looked source of toxic chemicals comes from beauty products; shampoo, conditioner, moisturiser, sunscreen, anti-perspirants, soaps, hair dye, make-up etc. Additional toxic sources are soap powders and detergents, synthetic clothing, plastic containers and even the indoor environment we are exposed to (especially if you use synthetic air perfumes). All of these can adversely affect us by increasing our toxic load.

When we metabolise our foods there are also waste products (endotoxins) produced. Our body is a fabulous machine and it removes these harmful toxins through four organs of elimination: the gut and liver; the kidney; the respiratory system; and, the skin.

### Why do we need to stimulate our skin?

In this age of luxury, we cover our skin with soft fabrics, fluffy towels and silky sheets, so we rarely stimulate our skin. It becomes blocked with dead skin cells and suffers reduced circulation and lymphatic flow, so it fails to act as an organ of elimination. This means we are putting an added burden on the remaining three organs of elimination and increasing our toxic load.

We move vital nutrients and waste through our body via the circulation and the lymphatic system. The lymphatic system involves a network of thin-walled vessels which drain large proteins and other matter trapped in the tissues back into the circulation and through the lymphatic glands so the body can process them. Lymph flow is a passive system and relies on movement of muscles (exercise) or massage.



## Benefits of dry skin brushing

Dry skin brushing provides the following benefits:

- Stimulation of your circulation, ensuring increased skin health allowing for discharge of metabolic wastes.
- Stimulation of the lymphatic system, helping the flow of lymph so increasing our resistance to bacteria and preventing fluid accumulation in the tissues.
- Exfoliation, allowing your pores to remain open and function well.
- Improvement in the nervous system by stimulating the nerve endings.
- Aiding the immune system by increasing the flow of lymph through the lymphatic glands.
- Increase the health of your skin making it look younger and feel softer.

## How do I skin brush?

Use a natural fibre brush or loofah which will not scratch the skin.

Try and skin brush before the shower everyday by following these steps:

1. Ensure your skin is dry.
2. Use short strokes if using a brush, or small circles if using a loofah.
3. Ensure the pressure is firm enough to stimulate the skin, but not to damage the skin.
4. Start at the soles of your feet and the palms of your hands, always working towards your heart.
5. Include all of your body, apart from your face and nipples.
6. Use circular anti-clockwise strokes over your abdomen.
7. Then have a lovely warm shower!



**Feel invigorated and know that you are increasing your wellbeing by following this simple routine!**