

Dry Skin Brush Massage-Brush To Beauty

This routine is done morning and night during the program and once a day after the program is completed.

A long-handled natural bristle brush is best. Never use a synthetic brush. Brush skin lightly to begin with. As the skin becomes toned you may brush more heavily.

Start at the bottom of the feet using a rotary or circular motion and then proceed to the legs, arms, back, abdomen and chest. Women should avoid doing the breasts. Never wet-brush. Always brush toward the heart. Brush your skin until it gets a red glow. Skin brushing should take about 10 minutes.

Skin-brush as soon as you wake up and before retiring. Skin-brushing will freshen the body in the morning and relax it before bed.

A shower should always follow skin-brushing. This will remove uric acid crystals along with any dead skin that has been loosened.

Always start your shower with warm water and end with cold. Once the water is cold, do not stay in any longer.

When the water turns cold, let it hit your legs first. Do not let it hit your heart or head first as this can cause a slight shock to the body.

Baths can be unsanitary. When the pores open, they allow the toxins to be reabsorbed. When showering in high temperatures, toxic chemicals are carried in the steam. Avoid hot showers; warm showers are best if you do not have a shower filter.

Actual soaps should always be used but do not soap the entire body. Areas to be soaped are the underarms and groin region. Rinse soap off thoroughly to avoid clogging of pores.

Benefits of Dry Skin-Brushing

1. Opens pores, removes toxins and dead skin
2. Increases blood circulation
3. Helps to stimulate hormone and oil producing glands
4. Helps to take the load off other organs by helping the eliminative system
5. Helps in rejuvenating the nervous system
6. Helps improve muscle tone and prevent fat deposits
7. Improves complexion
8. Improves overall health, which helps against premature aging

Skin-Brushing Tips

1. Every two weeks, wash your brush with natural soap and let it dry in the sun
2. Never share your brush
3. Never brush irritated or infected areas of the body
4. Brush scalp regularly to remove dead skin and to help promote hair growth
5. If you brush facial skin, be very gentle and, better still, use a facial skin brush

6. Increased soap equals decreased body oil. No oils equals no interaction with sunlight to form Vitamin D. if soap is preferred; use natural soap. Do not soap the whole body only the underarms and groin regions
7. Always shower after skin-brushing
8. Invest in a shower water purifier such as a Wellness shower filter. Remember, your skin pores are like little mouths, so make sure you are not feeding them poison. Chlorine can kill.

Sunbathing

Sunbathing is very therapeutic. At least 10 minutes a day will ensure your Vitamin D and A for the body. Vitamin D helps to control body calcium. The sun also helps guard against blemishes. The sun is not really the culprit for skin cancer. This is not to say that over-exposure to the sun cannot cause problems. The sun may cause sweating of toxins and poisons through the skin, causing irritation and cell mutation.