



Skin Brush Your Way to Health

A wonderful, revitalizing health and beauty practice, which has been used throughout the world for centuries, is making its way back into popularity. Dry skin brushing is one of the best ways to cleanse the skin without removing the protective mantle of acid and oils. It gently and effectively removes the top layer of dead skin with its build-up of dirt and acid, and deeply cleanses the pores. The Finns and Russians have traditionally used birch twigs to open their pores and stimulate circulation. The Turks used coarse towels to rub dead skin off the body before and after the bath.

Detoxification Through Skin Brushing

As the largest eliminative organ, the skin plays a vital role in ridding the body of toxins and impurities that are potential sources of illness. It has been estimated that the body eliminates over one pound of waste per day through the pores of the skin! For this reason, daily skin brushing goes hand in hand with an internal cleansing program.

Skin brushing is one of the most powerful ways to cleanse the lymphatic system. Waste material is carried away from the cells by the blood and the lymph. Skin brushing stimulates the release of this material from the cells near the surface of the body. Eventually most of the toxins along with their carrier cells, primarily lymphocytes, find their way to the colon for elimination.

Dry skin brushing also stimulates the sweat glands and increases blood circulation to underlying organs and tissues in the body. Today, a sedentary lifestyle and general lack of exercise, along with the common use of antiperspirants, reduce essential detoxification through the skin. As a result, toxins and metabolic waste are not released through the pores as they should be, but instead, back up into the body. Skin brushing opens up the pores, allowing the body to breathe, and thus enhances proper functioning of organs.

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Glowing Skin and Weight Loss

Skin brushing has also been a beauty aid of men and women for ages. Removing the top layer of dead skin and stimulating the circulation of blood are essential for maintaining youthful, glowing and supple skin.

Loss of excess weight and cellulite is an added benefit reported by the owner of Cellulite Salon in Santa Barbara, California. *“I use skin brushing as part of my weight loss and body shaping program. Skin brushing increases circulation, which helps to draw out the stored waste and toxins which often result in cellulite build up. People tend to lose weight faster and more evenly over their entire body when skin brushing is included in their weight loss program.”*

How to Skin Brush

Skin brushing is most effective with an all-natural vegetable fiber brush, such as the Tampico Skin Brush, by Yerba Prima[®]. Make sure the brush isn't made of synthetic fiber since this can irritate the skin. A long handle is also helpful for reaching the back and entire body.

"I recommend skin brushing to all my patients. Skin brushing is vital to good health as it increases lymph circulation. People just flip over the skin brush, as it makes them feel so good."

*Dot F.,
Therapist*

The best time to skin brush is right before you shower or bath. Most health experts recommend brushing when the skin is **dry** for best results. If you have poison ivy, skin rashes, infections, or inflammatory problems such as *phlebitis*, do **not** brush that part of the skin.

Begin with very gently strokes and adapt the intensity of your brushing to match the sensitivity of your skin. There are different theories about the most effective method for brushing the skin. Here is a simple method that works.

The basic principle is to brush from the outermost points of the body (hands and feet) towards the center.

- Start by brushing your feet and up your legs with smooth gentle strokes.
 - Brush your hands and up your arms.
 - Brush across your upper back and down the front and back of the torso.
- Cover the entire surface of the skin except for the more tender skin of the face and breasts.

A slight flush due to increased blood circulation is normal, and shows that your skin brushing is working. Be careful not to brush so hard that your skin turns bright red.

For the face, use a softer brush (cosmetic variety), if desired, since the blood vessels are nearer to the surface of the skin and can be broken if brushed too hard. Begin in the center of the face and stroke outwards, then up the sides of your face and neck.

The total process takes only two to three minutes. When you are finished, step into your bath or shower. You will feel an invigorating, tingling sensation over your entire body.

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