

# Lymphatic Detox – The simple technique of Dry Skin Brushing

The Skin is the largest Organ in the Body. It is an organ of elimination (like the kidneys & colon). The Skin is responsible for ¼ of the body's detoxification each day. More than one pound of waste products are discharged through the skin daily. If the skin becomes inactive with its pores clogged with millions of dead cells, then impurities will remain in the body. The other eliminative organs (mainly the kidneys and liver) will have to increase their labour and will eventually become overworked. If toxins and wastes begin to build up in the tissues because the kidneys and the liver cannot cope with their job, then sooner or later disease will follow. The skin is one of the most important elimination organs so it is necessary to keep it healthy and functioning well!

Skin brushing helps the lymphatic system to detoxify. 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 bacteria from entering the bloodstream.

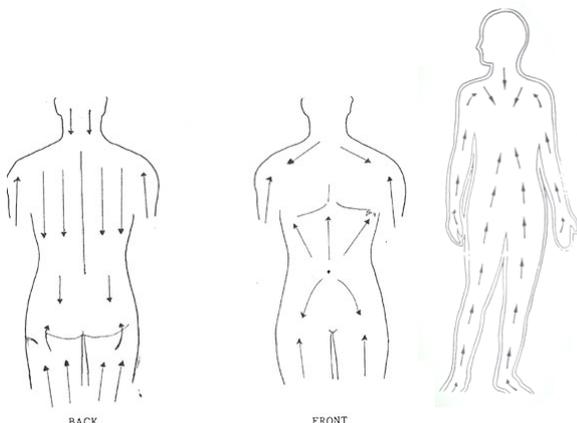
The lymphatic system relies on the contraction of muscles to drain wastes that collect in the lymph glands back into the bloodstream via lymph nodes. Skin brushing encourages the efficient elimination of waste via the lymphatic system, speeding up the drainage of substances such as toxins, dead cells and metabolic wastes.

## for your well being

- Helps Digestion
- Breaks down cellulite
- Tones muscles
- Stimulates blood flow and circulation
- Cleans the Lymphatic System
- Enhances toxin elimination
- Stimulates acupuncture meridians
- Exfoliation and removal of dead skin cells
- Strengthens the Immune System
- Improves the function of the Nervous System
- Anti-aging - encourages cell regeneration
- Stimulates the Glands, thus helping all of the Body Systems to perform at optimum efficiency
- Stimulating both the sweat and sebaceous glands, thus contributing to the restoration of moist, supple skin.
- Revitalizes body and mind

### How To Do Skin Brushing:

- ❖ Buy a natural bristle brush as it does not scratch the surface of the skin
- ❖ Buy a brush with a long handle enabling you to reach all areas of your body
- ❖ Skin Brush before showering or bathing at least once per day and twice if possible
- ❖ Do NOT wet your skin as it will not have the same effect because this stretches your skin
- ❖ Do lighter strokes over and around your breasts but do not brush the nipples
- ❖ Brush each part of your body several times vigorously - completely brushing your whole body
- ❖ Brush the soles of your feet first - the nerve endings there affect your whole body, next brush your ankles, calves, and thighs, then brush across your stomach and your buttocks and lastly brush your hands to your arms
- ❖ ALWAYS skin brush towards the heart
- ❖ Do circular counter-clockwise strokes on your abdomen
- ❖ Take a warm bath with Epsom salts or a shower. Follow with a cool rinse at the end to invigorate blood circulation & stimulate surface warmth
- ❖ Wash your brush every few weeks in water and allow it dry



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