

Dry Skin Brushing

Harmony & Health

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Quality Products for Health

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Detoxification is the effective elimination of toxins out of the body and the skin is the largest eliminative organ in the body. Amazingly enough, the skin is responsible for ¼ of the body's daily "detoxification" process. In today's world, we are exposed to about 6,500 man-made chemicals daily and consume about 4 pounds of pesticides a year and daily detoxification support is designed to help people stay as healthy as possible.

Sometimes the simplest routine can be one of the most effective routines! The simple task of daily exfoliation with a dry body brush before showering, and then scrubbing with exfoliating gloves and natural body wash, this stimulates the lymphs, increases circulation, and encourages healthy skin regeneration.

Benefits of dry body brushing:

- Stimulates circulation
- Removes dead skin layers
- Cleanses the lymphatic system
- Assists in cellulite deposit reduction
- Assists in tightening the skin to decrease premature aging
- Helps tone the muscles
- Increases cell renewal
- Stimulates hormone & oil-producing glands
- Strengthens the immune system
- Improves the function of the nervous system
- Aids in digestion
- Easy, inexpensive and invigorating!

Using a natural bristle body brush or exfoliating gloves helps to remove the daily accumulation of dead surface skin. If the dead skin is allowed to continue to accumulate, it acts like a plug and decreases the body's ability to release toxins. Routine exfoliating with the gloves and essential oils is a fast and easy way to keep this accumulation from happening.

Directions: *Dry body brushing is done on bare skin, before a shower, moving gently toward abdominal area*

1. Use circular counter-clockwise strokes on the abdomen to help open up the lymph flow.
2. Move to the legs, brush gently overall, then end brushing upwards, from feet up the legs
3. Hold an arm up in the air, brush gently overall, then end brushing from wrist towards armpit and in.
4. Brush upwards on the back and over the shoulders and down the chest.
5. Lightly brush the breasts towards the abdomen.

The overall goal is to stimulate the skin, while brushing toward the internal organs to detox.

To enhance better lymphatic drainage and skin health:

- While showering, using exfoliating gloves; Add 2 drops of essential oils to a nickel-sized amount of body wash, rub hands together to activate. In a gentle 'scrubbing' motion, start with your feet and work your way up and follow body brush directions. This action continues to stimulate lymphatic flow and reduce the amount of dead surface skin.
- Remember to gently exfoliate behind your ears and on your face. Avoid eye area.
- Rinse thoroughly and enjoy the invigorating, refreshing feeling!

Internally if needed, consider **Lymphomax or Lymphatic Drainage** drops, to enhance lymphatic detoxification.

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

Building Better Health Naturally

