



Dry Body Brushing

The skin is the body's largest organ and has often been called the third kidney as it releases the same toxins as the kidneys do. It mirrors our general wellbeing. It can eliminate uric acid crystals; catarrh and various other acids when we remove the top dead layer of skin cells.

Using a natural bristle brush, brush your skin for 2-3 minutes each morning when it is dry before you shower. Move the brush over your body in a circular motion starting at the soles of the feet. The feet have reflex points that connect to the body's organs, brushing helps to stimulate them.

Continue brushing up your legs in a circular motion and move upward towards your heart. When you reach your chest, continue to brush in a circular motion. Then begin brushing the palms of the hands and progress towards the heart again- avoiding the nipples. Brush the back as best you can reach stroking from top to bottom.

Skin brushing is excellent for circulating the blood and lymph fluid. It also releases uric acid crystals and other toxins and can help break up cellulite.