

DRY SKIN BRUSHING

BENEFITS

- Opens pores, aids in the elimination of toxins and dead skin. Stimulates hormone and oil producing glands
- Rejuvenates the nervous system
- Improve muscle tone and prevents fat deposits
- Improves overall health by increasing circulation and elimination

TIPS

- Every two weeks, wash your brush with natural soap and let it dry in the sun
- Never share your brush
- Avoid skin brushing in areas where skin is irritated or infected
- Brush scalp regularly to remove dead skin and to help promote hair growth
- If you brush facial skin, work gently with a specialized facial skin brush

DIRECTIONS

- Use a long-handled natural bristle brush. Entire procedure takes approximately 10 minutes.
- Brush skin lightly to start. As the skin becomes more 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 re-brush and always brush towards the heart. Continue until your skin acquires a red glow.
- Skin-brush as soon as you wake up and before retiring. This will refresh 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. 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. Once the water is cold, do not linger.

SALT GLOW THERAPY

This therapy is best done after skin brushing and is known to offer similar benefits. The magnesium component of Epsom Salt assists with the further release of toxins and stress. Regular salt glows have been known to ease constipation, swelling, skin conditions, poor circulation, fatigue, stiffness, headaches and arthritis. Add essential oils such as grapefruit to stimulate the lymphatic system and buildup of fluids.

DIRECTIONS

- Oil a large soap bowl and fill with Epsom Salts. Add enough water until the salt has the texture of wet sand (granular, not soupy).
- Choose to stand or sit in bathtub, making sure that you do not slip.
- Take a generous handful of salt, rub vigorously in circular motion towards the heart (as in skin-brushing).
- After doing the whole body, repeat, rubbing off the salt from the first application.
- Shower with lukewarm water; going from hot to cold. 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.

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