

Dry Skin Body Brushing



The skin is the largest organ of the body, so what we put in and on our bodies has an effect on how it behaves, it is an eliminatory organ (almost a third of your bodies waste's can be eliminated through the skin) and renews itself about every 28 days, slower as we get older, dead skin cells build up leaving our skin looking sluggish, dull and rough.

Essenture believes Dry skin body brushing before showering or bathing (lukewarm not hot please) is one of the best things we can do for our bodies, not only does it eliminate toxins, it exfoliates gently (stops ingrowing hairs), stimulates Lymphatic flow (reducing cellulite) and stimulates the circulation.

Dry skin Body brushing is a powerful technique yet extremely gentle, skin responds easily, producing smooth, vital looking skin, this is because our lymphatic system is our waste disposal system and is easily overworked.

The lymph glands and pathways do not have a mechanical pumping action, as do our veins and therefore legs and arms can get puffy, you may find blemishes on the top of your arms and cellulite on your legs as a result

Dry skin body brushing needn't take long 5-10 minutes a day is all that is required

The pressure should be a light yet firm brush upwards towards the heart (downwards from the shoulders)

Starting at the feet sweep the brush upward followed by a sweep with your other hand (be gentle at first until your skin gets used to it) work the abdomen in circular clockwise movements and then do the arms, shoulders and back (do not use on the face)

You may notice the odd blemish occurring due to the elimination process at the beginning.

To see for yourself how powerful this technique can be, try this simple experiment

Every day before your shower or bath, brush your skin all over, then taking a damp flannel rub it all over your body, hang the flannel without rinsing and repeat over the next two days

The smell will not be very nice (due to the waste products) and then think of what your skin will be like with regular brushing!!! Remember to wash your brush once a month to remove the dead skin cells and impurities. After your shower do not completely towel dry but allow the moisture to be retained on the skin and seal it with Essenture Hand & Body lotion, packed full of nutrients that treat your soul and pamper your senses.