

Dry Skin Brushing

(with 10 drops of TRUessence Bay Laurel Essential Oil)

The value of Skin Brushing has been known for centuries. The Finns and Russians used birch twigs to open their pores and to stimulate circulation before a steam bath or sauna. The Turks used a coarse towel to rub dead skin off the body before their bath. Skin Brushing opens up the pores, stimulates the sweat glands and increases blood circulation to underlying tissues and organs, this allows the body to breath and enhances proper functioning of organs. Skin Brushing stimulates the release of waste material from the cells near the surface of the body. These wastes are carried from the cells by blood and lymph, where eventually most of the toxins along with their carrier cells, primarily lymphocytes, find their way to the colon.

Removing the top layer of dead skin and stimulating the circulation of blood is essential for maintaining youthful, glowing skin. Loss of excess weight and Cellulite is an added benefit.

The Benefits of Dry Skin Brushing

- Cleanses the Body of Toxins & Impurities!
- Rids the body of Unsightly Cellulite!
- Increases the Blood Circulation!
- Cleanses Your Pores!
- Rejuvenates the Nervous System!
- Tightens and Tones the Skin!
- Rejuvenates Dead Skin Cells!
- Stimulates Your Sweat Glands!

How to Dry Brush – The Perfect Way

Evenly distribute 10 drops of Bay Laurel essential oil all over the body before you dry Brush. (Once you get the technique down it should take about 2 1/2 minutes to dry brush.) Dry skin brush when you're nude. Do not brush when your skin is wet as it may cause your skin to sag. If you have poison ivy, skin rashes, infections or inflammatory problems such as phlebitis, do not brush. A slight flush due to increased blood circulation is normal, but don't brush so hard that your skin turns red.

Feet, Toes and Legs – Starting at the bottom of your right foot, brush across the entire surface of the foot back & forth 7 times. Brush around the ankles in a circular motion 5 times. Brush from the ankle to the knee in a circular motion working upward towards the heart. Brushing the knee will firm up sagging kneecaps and free congested circulation in the back of the knee.

Hip Area – Start at the top of the knee, going up to the hip in a circular motion, always brushing towards the heart. Work around the leg so that every inch of skin is brushed. Concentrate on the Cellulite areas, brushing those areas twice as much.

Fronts and Sides of the Body – Hold the brush in your right hand, brushing the right side up and down 7 times from the upper thigh all the way to the under arm. Hold your breast clear with the left hand.

On the left side, use your left hand to hold the brush. Brush back and forth across and around the waistline 7 times. Brush in a circular motion at the center of the waistline, 7 times to the left and right.

Stomach and Midriff – For the stomach area brush in a circular motion 7 times then in a back and forth motion 5 times. Repeat in the midriff area. Bust – If you choose, brush in a circular motion 7 times, very gently.

Back Area – Cradle the brush with two hands. Brush up and down, 7 times along the spine, starting at the tailbone and reaching as high as you can. For your upper back, use the long handle to brush those hard to reach places. If available, get a friend to brush your back more thoroughly, in a circular motion, then up and down in long sweeping motions.

Neck Area – To relieve tension and pressure in this area, cradle the brush in both hands, then place behind your head at the base of your neck and spine. Brush back and forth in a rocking motion.

For the Face – Use a softer brush of the cosmetic variety, since the blood vessels are nearer to the surface of the skin and can be broken if brushed too hard. Begin in the center of your face and stroke outwards, then up the sides of the face and neck. When finished, take your shower or bath. You will feel an invigorating tingling sensation all your body.

Importance of Drinking Water

Water is probably the single most important catalyst in losing weight and keeping it off. Water aids in suppressing the appetite naturally and metabolizing stored fat! Studies show that an increase in water intake can actually reduce fat deposits. The kidneys do not function properly without enough water. It is important to note that the kidneys require water, and that other liquids do not replace water.

Soda pop, coffee, tea, juice, beer, etc. all have a different osmolality than blood, so water from these drinks will be taken out of the blood when the blood reaches the kidneys. Dehydration occurs. When this occurs, some of the kidney's load is passed on to the liver. The liver works to metabolize stored fat into usable energy for the body.

If the liver has to aid the kidneys, it can't function efficiently. Consequently, the liver metabolizes less fat, thus, fat remains stored in the body and weight loss ceases. Many people whose bodies retain water drink less water hoping to eliminate the problem. The body sees this action as a threat to its survival, so it attempts to hang onto every drop. Water is then stored in spaces outside the body's cells. This causes swollen feet, hands and legs.

Overweight people need more than thin people. Larger people have a large metabolic load. Water also helps maintain proper muscle tone to give muscles their natural ability to contract. Water flushes waste from the body and eliminates constipation.

What Causes Cellulite?

- One cause of the rippling effect of Cellulite is fluid retention in the Adipose Tissue. There are clear signs of fluid invasion in the connective fibers of the upper layers of the skin, along with enlargement of individual fat cells. These retained fluids cause visible swelling of thighs, hips and abdomen, but the toxins they contain break down the all-important collagen and elastin fibers that keep skin smooth and firm. In aging, these fibers along with collagen fibers begin to stiffen and lose their flexibility. The loss of firmness is hastened by swollen fat cells, accumulated fluids, toxins,

impurities and poor blood circulation.

- **Secrets of pH Balancing**

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