

DRY BRUSH MASSAGE

The skin is the largest eliminative organ. It is estimated that one-third of all body impurities are excreted through the skin. Chemical analysis of sweat shows that it has almost the same constituents as urine. Uric acid, the main metabolic waste product in urine, is found in large amounts in perspiration. If the skin becomes clogged and the pores choked with millions of dead cells, uric acid and other impurities must remain in the body or attempt to find an alternative route of elimination.

Here are a few of the benefits of this simple technique:

- Effectively removes dead layers of skin and opens the pores
- Stimulates and increases circulation and oxygenation
- Allows the skin to become a more efficient receptor for minerals and other nutrients
- Stimulates hormone and oil-producing glands.

DIRECTIONS FOR DRY BRUSH MASSAGE:

Use a natural bristle brush about the size of your hand or larger. The brush should have a long handle so you can reach all parts of your body. If unable to find a natural bristle brush, satisfactory substitutes are a loofah mitt, or coarse bath gloves.

Tip: It is advisable to start with a less harsh brush and brush gently at first, until the skin is "seasoned"; then switch to a coarser brush.

Starting with the soles of the feet, brush vigorously making rotary motions, and massage every part of your body. Press brush against your body as much as you can comfortably stand. Sensitivity of the skin varies with every individual. Also, various parts of the body vary in sensitivity. Brush in this order: feet, legs, hands and arms, the back, abdomen, chest and neck, the face.