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***Dry Skin Brushing***

The largest organ of elimination is the skin. Since one-third of the body’s waste is removed through the skin, most of us are in trouble. When our pores are choked with billions of dead skin cells, this process simply does not happen. As a result, the rest of the body’s eliminative organs, such as the kidneys and liver, must work overtime to detoxify the system. The toxins that are released may then be deposited in skin tissue, resulting in cellulite.

 Toxins, like electricity, always take the path of least resistance. By taking good care of your face while ignoring the rest of your body’s surfaces, toxins will naturally attempt to escape from your most visible feature. In fact, I have seen a number of people (including myself) clear up complexions and heal liver spots through consistent Dry Skin Brushing.

***How to Dry Skin Brush***

* Practice Dry Skin Brushing all over your body on a daily basis
* Dry Skin Brushing is best before a shower or bath
* Gently brush your body with a natural bristle brush in small circular patterns either plant fiber or boar’s hair. (Do not use a brush with synthetic bristles as it may scratch your skin.)
* Use a brush with a long handle to reach the back of your shoulders and kidneys
* Brush until your skin has a rosy glow. You can do a great job in 3 to 5 minutes!
* Gently brush the more sensitive areas of your body
* Starting with the bottom of the feet and lightly brush the skin upward, always moving towards the heart in a small circular pattern. Continue up the side of the ankle, then the leg ending at the hip area
* With your arm over your head, start at the elbow and brush down in a small circular pattern over the armpit and ending over the side of your breast.
* Starting at the side of the abdomen brush up in a small circular pattern ending at the side of the breast
* Under the breast, brush in a circular pattern from the outside to where the breast meet.
* From the upper chest down, brush in a circular pattern over the breast
* Starting at the lower back moving upward over each kidney, brush in a circular pattern
* Repeat the above six bullets on the other side of the body
* Gently brush your face 2-3 times per week with a soft natural bristle brush
* DO NOT BRUSH IRRITATED, INFECTED, OR DAMAGED SKIN

***Why Should You Dry Skin Brush?***

1. Stimulates and improves circulation in all underlying organs and tissues, especially in the small blood capillaries of your skin.
2. **Releases trapped lymphatic fluid**
3. Removes dead skin layers and other impurities
4. Forces toxins out of the system
5. Improves the nervous system
6. Stimulates hormone production
7. Promotes the elimination of cellulite and improved muscle tone
8. Helps cold feet and hands as it pushes new, healthy blood to extremities
9. You feel great and
10. YOU LOOK YOUNGER!!