



- Winner 2006, 2008, 2009 Business Achievers Award (Professional Services)
- Inducted into Business Achievers Award Hall of Fame 2009

## **Dry Skin Brushing**

It is well known that the skin is the largest organ in the body, and is responsible for a quarter of the body's detoxification each day, making it one of the most important elimination organs! For this reason, the skin is often known as the '3<sup>rd</sup> kidney'. Toxins can gather beneath the skin's surface from such common influences as improper pH levels in the body, soaps, skin creams and anti-perspirants, even synthetic fibres worn next to the skin.

Skin brushing helps the lymphatic system clean itself of the toxins. It is a simple technique to improve the surface circulation on the skin and keep the pores of the skin open, encouraging your body's discharge of metabolic wastes, resulting in an improved ability to combat bacteria. An added bonus is that your skin really begins to glow!

### **Some of the benefits of dry skin brushing include:**

- Tightening the skin
- Helping digestion
- Encouraging resolution of cellulite
- Stimulating circulation
- Encouraging cell renewal
- Assisting drainage of lymph
- Removing dead skin layers
- Stimulating the immune system

### **How do you brush?**

1. Buy a natural, not synthetic, bristle brush, since it does not scratch the surface of your skin.
2. Buy a brush with a long handle, so that you're able to get to the areas of your body that are not easy to reach.
3. Skin brush, before showering or bathing, at least once per day.
4. Do not wet your skin.
5. Lighter stokes are advised over and around your breasts, but do not brush the nipples

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*"My life is so much better now!"*

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6. Brush each part of your body several times vigorously, completely brushing your whole body; Brush the soles of your feet first, next brush your ankles, calves and thighs, then brush across your stomach and your buttocks and lastly brush your hands to your arms.
7. Always skin brush towards the heart.
8. Brush circular, clockwise strokes on your abdomen.
9. Take a warm bath or shower, which should always be followed by a cool rinse at the end to invigorate blood circulation and stimulate surface warmth.
10. Wash your brush every few weeks in water and allow it to dry.

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