

body brushing & cellulite

Body brushing the skin is an ancient therapeutic practice - it exfoliates and tones your skin, helps slow the skin's aging process, increases circulation and alleviates muscle tension. Body Brushing is a great way to relieve your body of stress because it induces relaxation, stimulates blood circulation and helps your lymphatic drainage system remove toxins from the body. In doing so, it helps to reduce cellulite in thighs and the bottom, where fats, proteins and waste products tend to accumulate.

Just 5 minutes a day

Body brushing will help to reduce cellulite especially if you also improve your dietary habits. You can use the Skin Things Japanese Body Brush wet or dry. If you are dry brushing, a warm bath or shower using herbal or essential oils aids in the rejuvenating process and washes away the toxins that your body has eliminated through the skin. After body brushing, massage with Skin Things Detox Cellulite Oil.

How to brush your skin

Start at your feet, brushing up your legs and thighs towards the groin in long strokes. Work in circular movements over the tummy, then do hands and arms, back, and across the shoulders if possible. Your skin may redden and start tingling as the body brushing increases the circulation in areas of greatest fat concentration. How firmly you press depends on how toned your skin and body are now. Go easy at first. Your skin will soon become fitter and more toned and then you will be able to brush more vigorously. Avoid body brushing if you have eczema, psoriasis, broken or infected skin, or varicose veins.

Benefits of body brushing

- Assists in skin exfoliation
- Increases circulation
- Helps tone muscle
- Stimulates sweat and oil glands
- Activates lymphatic drainage
- Induces relaxation.

Six ways to fight cellulite

Don't think there is an overnight cure! There are many causes of cellulite so you'll get the best results if you take a holistic approach. This includes the following:

1. Increase your daily intake of pure room temperature water to assist in flushing toxins from your system. This will stimulate the liver, making the detoxification process more efficient.
2. Decrease your intake of caffeinated drinks, alcohol and highly refined and processed foods. These have a direct effect on the lymph and circulatory system, slowing them down and leading to a build-up of toxins in your system, which will eventually contribute to cellulite.
3. Don't smoke. It dramatically restricts circulation and puts untold toxins into your system.
4. Take regular exercise. This will increase your cardiovascular fitness, boost your metabolism, strengthen the muscles and the connective tissues in your body. It will also stimulate your circulation and lymphatic system. It doesn't have to be a marathon - try a brisk 45-minute walk three or four times a week, or yoga.
5. De-toxify your mind. You are not defined by your body shape or your cellulite, and a few lumps and bumps certainly do not make you a lesser person. Treat yourself well and do things to boost your self esteem, like pampering yourself with a facial or massage.
6. Body brush each day. Your skin is the body's largest excretory organ, so make sure you slough away those built up dead cells on the surface. Body brushing each morning will help you shed these dead cells. By working from your feet towards your heart in long sweeping motions - in the same direction as your blood flow - you'll assist in stimulating lymphatic drainage of the body which eliminates those cellulite-causing toxins.

Caring for your body brush

Every week or so, soak your body brush in a solution of warm water and either teatree oil or eucalyptus oil, then hang it up to dry.

Questions?

If you have any questions about how to get the most from your body brushing, ask any one of the staff at SkinThings. We'd be very pleased to help you.

Call us on

08 8294 0575 or

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[email us.](#)