

Dry Body Skin Brushing

We are happy to offer “Dry Body Skin Brushing” which stimulates the lymphatic system, aiding in detoxification. When the lymphatic system is not working properly, waste and toxins can build up and make the person sick.

The Benefits Are:

- Boosts the circulation
- Exfoliates the skin
- Reduces cellulite
- Increases lymphatic flow
- Increases energy
- Tightens the skin because of the increase of blood flow
- Strengthens muscle tone
- Stimulates lymph channels to drain the toxic matter from the colon
- Break up fatty deposits
- Ease digestive problems
- Acne sufferers report that the overall detox effect improves skin issues.
- Offers stress relief
- Invigoration
- General detoxification

How Does Dry Brushing Work?

Dry Body Skin brushing is the manual use of a firm, natural bristle brush. This is recognized for numerous health benefits, the treatment is invigorating, stimulating and detoxifying.

How Exactly Does it Help with Detoxification?

Stagnant lymph needs to be moved, and dry body brushing prompts the cells to release toxic deposits into the lymph while simultaneously cleansing the lymph itself. To spell it out, blood plasma containing waste is transported into the lymph vessels, where it is carried to lymph nodes. Here, macrophages and lymphocytes deal with unwanted bacteria and toxins, and the cleansed fluid is then returned to the blood supply. Our bodies contain far more lymph than blood, yet the lymph is dependent upon outside forces for its circulation around the body – lymph has no heart to pump it. Therefore, it is prone to being sluggish. One example of this is cellulite, which is formed by stagnant, toxic waste that gets stored between the tissues, breaking down connective tissue.

Clients will take their own brush home.