

# Body Brushing

Are you looking to improving your skin tone and texture on your thighs and bum?

Did you know that regular dry body brushing helps to do the above as well as oils and creams? It is such a simple ritual that you can do daily just before your shower or applying your body cream. Just a few minutes a day, body brushing will discourage fluid retention and cellulite as well as leaving your skin soft and toned.

If you are rushed of time or a busy mum then use two natural bristle brushes as this means you can do this twice as fast.

Here are a few benefits on why you should body brush on a daily basis.

1. You can body brush before you waxing appt. This will prevent ingrown hairs and any clogged up pores.
2. Body brushing is another form of exfoliation. It helps to remove dead skin cells and leave your skin radiant and even,
3. Cellulite!!! Ok It wont prevent it but it will give your a smoother and firmer appearance. Also any fat deposits will be evened out too.
4. Vigorous body brushing energises your body by stimulation the blood flow and circulation. This is a great way to start your mornings if you are feeling a bit sluggish.
5. Body brushing also helps your body to metabolise and get rid of toxins that linger around your body. What this does it stimulates your lymph nodes and then it helps your body to shed excess water and toxins.

## How To Body Brush

This needs to be done on dry skin. Spend a few minutes brushing before hopping into your morning or evening bath or shower.

You start at your feet and brush upwards in the direction of your heart.

Quick, vigorous flicks is more effective that long, slow strokes. Work feet to knees, knees to hips, bum, hand to shoulders. When you do your stomach and chest use gentle clockwise sweeps. This skin around your stomach and chest is delicate hence you have to use a gentle pressure.

Right once done, you then jump into the shower to rinse off any dead skin cells, followed by massaging in a luxurious body cream or body oil in circular movements.

If you do this daily your will receive maximum results.

