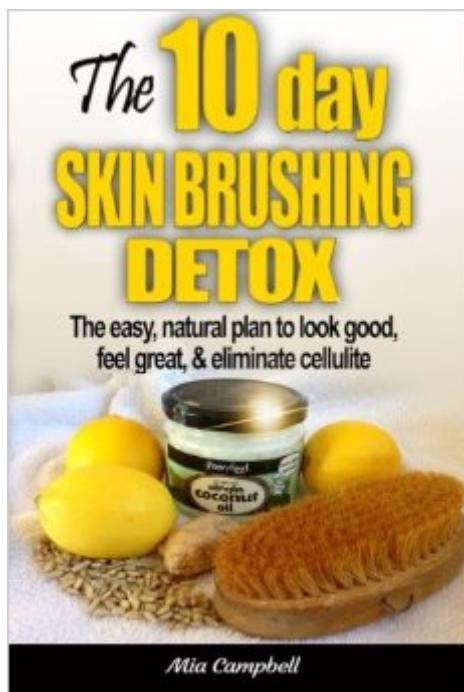


The book was found

The 10-Day Skin Brushing Detox: The Easy, Natural Plan To Look Great, Feel Amazing, & Eliminate Cellulite



Synopsis

Skin brushing can make you feel amazing - right from the first session! (If you do it right) Dry skin brushing (aka body brushing) is an old naturopathic technique that you can do even when not feeling great. It simply involves brushing the body all over with a firm brush. Why? Because it makes you look and feel absolutely amazing! It works as a detox by stimulating the lymphatic and blood systems, boosting metabolism, and improving elimination through the skin - the body's largest organ. The lymph gets sluggish when we don't move much, as it relies on muscles to move its contents. Done incorrectly, any detox can make you feel awful - the side-effects can be pretty rough. This book shows you how to detox by using skin brushing without unpleasant side-effects. You will feel good from Day One. By Day Ten you will have established a new health habit that you can build on.

A Unique New Method Of Dry Skin Brushing This book contains a unique method of brushing. If you have done skin brushing before you may have been told to start at the feet and just brush towards the heart. You'll find out why that isn't always the case and the exact way to brush every inch of your body. This new method has been tried, tested, and refined by the author, experienced aromatherapist and health coach Mia Campbell.

The Benefits Of Skin Brushing The most famous reason for trying skin brushing is to eliminate cellulite. That it can do and so much more, including:

- Improvement in skin's appearance & texture
- Better muscle and skin tone
- Improved lymphatic flow (which improves the health overall)
- More energy
- Improved immunity
- Less fatty deposits
- Improved skin conditions
- Better digestion and elimination
- Improved hormones
- More energy
- A feeling of wellbeing and an inner & outer glow of vibrant energy
- An overall detox
- Reduced stress

An incredible list of benefits - and that isn't all of them. Try it for yourself. All you need is a brush (between \$10 and \$15) and this book.

Why Do You Need This Book? Here is the author's own experience: "I was suffering from a few health problems, including chronic fatigue syndrome and took up skin brushing as part of a regime to improve my health. I gave up caffeine at the same time. The result was a headache so bad that I wanted to die! I gave up skin brushing and the health drive and slumped back to bed. I hadn't realized that taking up new health habits should be done gradually, one at a time, or you can be overwhelmed by the effects of the detox. After I trained in aromatherapy and massage I understood more about detoxing. I learned about manual lymphatic drainage and wondered why most articles that explain how to do skin brushing differed so much from the way that manual lymphatic drainage therapists work. Over a period of time - and experimentation on my [willing!] clients - I devised my own method of skin brushing. It stimulates the lymphatic system without overloading it so makes you feel wonderful while detoxing, which is pretty rare." Check With Your Physician As always, do check with a physician or other health professional before embarking on a

new regimen that can affect your health.

Book Information

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Customer Reviews

I was not familiar with this idea of skin brushing detox but I have to say, after trying it a couple times my body feels wonderful. I was looking for a solution as I noticed that my legs were especially dry lately and were even flaking in parts...Now my legs are super smooth, they feel and look amazing. The book is easy to follow and to understand and the detox does not take long at all. It is easy to make it part of your daily routineGet this book...Your body will thank you

The book is ok, containing basic info about cleansing that is available in other books. Unfortunately, the diagrams for the lymphatic brushing technique have to be downloaded from a website. This is a pain, considering the fact that I bought the book to learn the technique. Perhaps the book went to press before the diagrams were included?

The technique the author describes here really works. I noticed the benefits within an hour after my first brushing. It would be TMI to explain here how I knew, but I could tell the difference. It was drastic. I was new post op, I had had a major surgery two weeks prior when I tried this technique.

More of a biography than actual manual. Expect to read the authors life story to get to the five pages of actual directions.

The 10-Day Skin Brushing Detox: The easy, natural plan to look great, feel amazing, & eliminate cellulite Being certified in aromatherapy, having knowledge of the Vodder Lymphatic Drainage Technique and having been in the health field for many years, I can tell you that this book makes perfect sense. Skin brushing itself, brings with it a wealth of benefits and done in the way the author suggests adds greater benefits in the progression of lymphatic stimulation. The author incorporates the need for adequate hydration and deep breathing as well as appropriate essential oils to make the process spa-lishous! Well done. Highly recommended.

Very informative book and I enjoyed reading it! Mia Campbell, the author has a wicked sense of humor so it's fun to read.

I do not understand why, but skin brushing makes my skin feel better, and if I don't brush, my skin seems to itch.

I've done skin brushing before only to learn now that I was doing it wrong, plus for some reason I got out of the habit after having a major surgery a few years ago. Reading this book has me motivated to get back to it and now I have these great tips to do it correctly now. With this new routine I believe I will be feeling great in a couple of weeks. Great read Campbell

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