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# 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 (or body brushing) is an old naturopathic health-boosting 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 around very 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 new method of brushing. If you have done skin brushing before you may have been told to 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

Probably the most famous reason for trying skin brushing is to eliminate cellulite. That it can do and so much more, including:

- Improvement in the 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 the skin brushing and the health drive and sloped 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 the body more and the effects of detoxing. I also 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 it makes you feel wonderful while detoxing, which is pretty rare." Skin brushing can do wonders for your

health and vitality and this book will show you the best way of doing it, whatever your schedule. It contains full instructions on how to brush for the best, quickest results; suggested routines for mornings and evenings and a super quick routine for when you don't have much time to spare. If you have done skin brushing before, you can use this book to learn the new method and pick up some other health tips. If you are entirely new to skin brushing you're in for

## **Book Information**

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## **Customer Reviews**

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.

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 routine. Get this book...Your body will thank you

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

Yes, so much information that I have not been able to find anywhere else. I have been looking on and off for over two years now.

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?

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

The truth about dry brushing.... you're doing it the wrong way.... very important to read this book. Very helpful information

I like the information. Not sure if I'm brushing right. Will have to keep trying.

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The 10-Day Skin Brushing Detox: The easy, natural plan to look great, feel amazing, & eliminate cellulite  
How to Get Rid of Cellulite: Cellulite Treatments, Exercises, Prevention & Natural Remedies  
- On Your Thighs, Stomach and Legs (Natural Remedies For Cellulite)  
How to Get Rid of Cellulite (Remove it Quick, Cheap & Easy with REAL Tips, Tricks & Secrets): 22 At-Home Treatments to Eliminate Cellulite FAST, from Real Women who Swear by Them  
Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse)  
Organic Skin Care: Heal Eczema and Eliminate Problem Skin with DIY Organic Skin Care Recipes That Nourish, Protect and Hydrate All Skin Types  
Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health

(Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) The Cellulite Killer Formula-It Works!: Loose Thighs and Butts Cellulite in 14 Days 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose Up to 15 Pounds in 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day Detox, Weight Loss and More Energy) Detox Diet & Detox Recipes in 10 Day Detox: Detoxification of the Liver, Colon and Sugar With Smoothies The Simple Liver Cleanse Formula: Detox Your Body, Eliminate Toxins, And Feel Like a Superhuman! The Liver Cleanse and Detox Diet: Ultimate Liver Cleansing Guide to stay Healthy and Lose Weight! (fatty liver, healthy diet detox, liver disease, cleanse ... fat loss, detox diets, healthy cooking,) Paleo: Ultimate New Paleo Detox: Over 100 Recipes (Bonus 21 Day Post Detox Meal Plan): Ketogenic Diet, Intermittent Fasting, Lose Belly Fat. Vegan Diet, ... Clean Eating, (Perfect Paleo Solutions) Homemade Organic Skin & Body Care: Easy DIY Recipes and Natural Beauty Tips for Glowing Skin (Body Butters, Essential Oils, Natural Makeup, Masks, Lotions, Body Scrubs & More - 100% Cruelty Free) The Mario Badescu way to beautiful skin: How to have radiant, healthy skin using the techniques and all-natural formulas of one of America's leading skin care specialists Skin Care: Eczema Treatment for beginners (2nd EDITION REVISED AND EXPANDED) - How to get rid of eczema forever - Natural Treatments and Available Cures ... Eczema Therapy - Skin Care - Skin Disease) Psoriasis Cure: Treatments, Natural Remedies and Best Home Managements (Skin Disease, Skin Problems, Skin Diseases and Disorders Book 1) The Sugar Detox: Lose the Sugar, Lose the Weight--Look and Feel Great The Sugar Detox: Lose Weight, Feel Great, and Look Years Younger A Beginners Guide To Juicing: 50 Recipes To Detox, Lose Weight, Feel Young, Look Great And Age Gracefully (The Juicing Solution) (Volume 1)

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