



Spring Clean your Skin with Essential Oils

Dry skin brushing is an ancient technique used to eliminate the body's metabolic waste via the lymphatic system (the body's very own sewage system). When performed regularly it helps to diminish the appearance of cellulite and tone, firm and smooth skin. 5 minutes of energetic skin brushing is known to enhance physical tone as 30 minutes of jogging!

What you need: A natural bristle-brush and essential oils of Juniper, Cypress and Grapefruit. These 3 oils are known to stimulate the lymphatic system, you may choose just one or combine the 3 together for a super detox blend.

How to use: In the shower starting at the feet, make long sweeping strokes over the front and back of the legs and thighs upwards. Strokes should always be worked up towards the heart. Brush over the bottom and up to the mid-back. Brush over the hands up the arms to the shoulders, up to the neck, then down to the chest and down the tummy. For the tummy use circular motions, brushing the abdomen in a clockwise direction - up the ascending colon - across the transverse colon and down the descending colon.

Super Spring Detoxifying Blend:

Unscented shower gel base 100ml
Juniper essential oil 10 drops
Cypress essential oil 10 drops
Lavender essential oil 12 drops

Add the essential oils drop by drop into the unscented shower gel base, mix well. This blend should keep for 6 months in a cool dark place.

Super Spring Detoxifying Scrub:

Sea salt 1/2 cup
Grapefruit essential oil 5 drops
Lavender essential oil 8 drops
Geranium essential oil 8 drops

Add the essential oils drop by drop into the sea salt, mix well. This blend should be used fresh so make enough for one time use only.

Important: The information given does not replace medical advice or opinion.

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