

The 10-Day Skin Brushing Detox: The easy, natural plan to look great, feel amazing, & eliminate cellulite



Filesize: 8.7 MB

Reviews

This book is definitely not effortless to start on reading through but extremely fun to learn. Better then never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Aliya Franecki)

THE 10-DAY SKIN BRUSHING DETOX: THE EASY, NATURAL PLAN TO LOOK GREAT, FEEL AMAZING, & ELIMINATE CELLULITE

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Green Pony Press, Inc., 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: How You Can Use This New Skin Brushing Method To Detox, Eliminate Cellulite, Boost Your Energy, And Feel Great Dry skin brushing (or body brushing) is an old naturopathic technique with numerous benefits - not just cellulite elimination. 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. Done incorrectly, a detox can make you feel awful - the side-effects can be pretty rough. This book shows you how to detox without unpleasant side-effects. You will feel good from Day One. By Day Ten you will have established a new health habit that you'll be able to incorporate into your busy lifestyle. A New Method Of 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 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 An...



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