

EARTH SAVERS

EXFOLIATION/SKIN BRUSHING BY ORISIA HAAS

Skin Brushing, or Exfoliation, is a well-known rejuvenation practice that has been used all over the world for over 5,000 years. The purpose is to stimulate blood flow (bring oxygen and fresh nutrients), and to remove noxious gases and toxins from the body.

HERE'S HOW IT WORKS:

When you exfoliate your skin by brushing or using an exfoliating cloth (ayate), you slightly irritate the nerve endings. They call for help! Up comes the immune system to see what's the matter. Since your immune system "lives" in the deeper layers of your blood (along with noxious gases and toxins), when it answers the call and rises up, the blood it brings with it is warmer than the blood circulating on the surface of your body. In response to this heat, your pores open up, thereby releasing those noxious gases and toxins and taking in a good gulp of oxygen. Also, blood circulates faster and brings fresh nutrients to the area you're brushing. It's the same principle as when you exercise. You go for that brisk walk, soon your body heats up, your blood circulates faster, pores open up releasing toxins, and you get a healthy dose of oxygen in return. This is also why you need to take a shower after exercising. Odors emanating from your body are just toxin residues you've "exhaled out" through your skin. Skin exfoliation does the same thing. Another important benefit of skin exfoliation is the removal of dead skin cells and the toxins that get trapped in these dead cells. Your skin's ability to regenerate slows as you age, causing dead cells to pile up on your skin's surface. If not removed, they can give your skin a dull appearance and even trigger blemishes. Exfoliation draws out impurities from the pores, stimulates circulation and brings oxygen and nutrients from the blood to feed and nourish skin cells.

HERE'S HOW TO DO IT:

Take off your clothes, grab your natural fiber brush or Ayate cloth, and using shower gel or soap, vigorously brush your body. Start with your legs and work up your body moving towards your heart. Brush your body all over for about three minutes. In three minutes, you'll feel invigorated and "alive". You can brush your skin anytime you need a "pick-me-up." This can also be done dry. No shower necessary. An added benefit to this simple rejuvenation practice is that soon you'll notice the texture and tone of your skin improving, and that "healthy glow" and fine texture will come from within, not from some cream you rub on the outside. Recommended daily.