



Name Skin Brush

Brush

Code

M02

Area concerned

Skin, Immune system

Description

A pure bristle brush for brushing the skin. The action of Skin brushing helps skin function by removing dried mucous from entrance to the pores. This encourages healthy exchange of gases, which is part of the function of the skin.

Skin brushing also supports the function of the lymphatic, or immune, system. This is because the lymph vessels of the lymphatic system (similar to blood vessels) are largely located near to the surface of the skin. The brushing therefore helps the circulation in these vessels. This is an essential process to keep us disease-free.

Standard use

Brush skin (dry) daily for 3-6 minutes. For the first few days, brush gently while the skin gets used to the brushing.

Move the brush gently up arms and legs, and over abdomen.

Some authorities recommend that you always brush towards the heart.

How long to use it for

Use for several months, or longer if desired.

Cautions

Avoid brushing any damaged areas of skin; and do brush gently for the first few days.

Companion Products

90-day Immune Programme; Lu Capsules or Tea; Skn Capsules or Drops, Echinacea Capsules or Drops, Lym Capsules or Drops.

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