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

By Campbell, Mia

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...



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Reviews

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