

REVITALISE YOUR SKIN AND LYMPHATIC SYSTEM

Your lymphatic system is a one-way drainage system that transports fluid from your body tissues into your bloodstream to be disposed of. This network of tissues and organs helps your body get rid of toxins and waste. Your lymphatic system is similar to the network of veins and capillaries that make up your circulatory system. It consists of thin tubes which transport your lymph fluid. Your circulatory system contains a pump, your heart, which works to get your blood around your body. Unlike this system, your lymphatic system does not have a dedicated pump and instead relies on the movement of your muscles and joints to transport it around your body. Lymphatic congestion can contribute to inflammation and disease.

Your skin is sometimes referred to as your third kidney. It is largest organ you have – it acts as a barrier and protector against the outside world but it also acts as a detoxification organ for toxins you have within your body. It produces antibacterial substances and enables you to produce vitamin D when it is exposed to the sun. Being made up of a complex system of nerves, glands and cell layers, it sends messages to your brain, protects you against extreme temperatures and is a big part of your interaction with the world around you. Your skin will not be working as well as it could if it is overrun with toxins or dead skin cells.

Dry skin brushing may stimulate your lymphatic system, exfoliate your skin and improve blood flow. Plus, it feels invigorating!

So, how exactly so you do it?

1. Purchase a suitable brush. Look for a brush with natural bristles, that is firm, but not too hard. A long handle will help with those hard to reach places.
2. Start at your feet, work your way up your legs, arms, chest and back.
3. Use long strokes and brush towards your heart, on your abdomen brush in a circular clockwise direction.
4. Apply firm pressure, but brushing should not be painful. Your skin may be pink and tingling when you finish but should not be red or irritated.
5. Don't brush your face, genitals or any area that has an abrasion or broken skin.
6. A session might last between 2 and 15 minutes and the best time to brush is before your morning shower. You can brush in the evening too, but not too close to bed time as you may leave you feel too energised to sleep.

Give it a try – you might get hooked!