

NATUROPATH

Naturopathic Skin Care

Many of us are aware that our skin is constantly renewing and discarding old dead cells. Helping this process is an excellent choice for skin wellness, both functionally and for beauty purposes.

Ideally dry body brushing is the best choice. A firm natural fibre bristle brush, often sold with a removal long handle (for ease of use with the back) is a good tool to enhance our skin health. The hardest part for many is creating a habitual routine in the morning to dry brush our skin, before getting into the shower.

When you start this process you will find you cannot brush very hard on your skin. Obviously we do not want to break the skin, so the action is a gentle circular motion, from feet up, legs, belly, buttocks and arms but not from breasts/ chest upwards, as this is very delicate skin. If you have cellulite, this is a superb option to include in your beauty routine – body brushing and plentiful water are both very important.

Drinking plentiful amounts of water is of course the biggest naturopathic advice that sadly many people choose to ignore. If we do not drink enough water the liver cannot correctly detoxify the body, and we will not have vibrant skin.

We also will not generate energy within our cells, resulting in poor bodily function and dehydration.



I say to the children in my clinic – “*What would you rather be, a plum or a prune?*”. This is not just good advice for children.

The added bonus to dry body brushing and ample water is the saving of money spent on topical creams and lotions, because you need so much less.

Do still finish off with a nice natural moisturiser to nourish the skin.

Try it – you should be pleased with the results.



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