

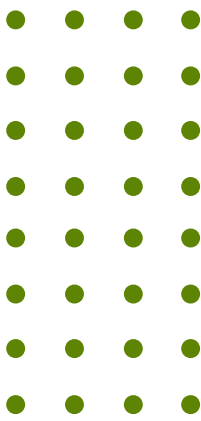
GIVE YOURSELF AN

OVERNIGHT SKIN DETOX

Wake up with brand new skin!

CLEANSE PROPERLY AT NIGHT

Your skin cannot work efficiently if you don't cleanse it thoroughly. Your skin will get clogged up with invisible oils, dirt and debris. Lackluster skin is almost always a result of improper cleansing. Most people do a quick one-step cleanse. This removes makeup and some of the day's dirt and grime, but not all of it! I recommend doing a two-step cleanse as follows: 1) Use a makeup-melting creamy cleanser to melt your makeup (this could also be an oil cleanser). Massage it into your skin for 1 minute and remove with a hot face cloth. 2) Use a cleanser with brightening agents (fruit acids) to further cleanse and refine the texture of your skin.



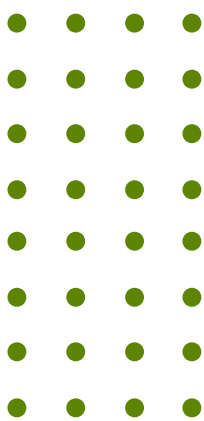
TAKE A EPSOM SALT BATH AN HOUR BEFORE GOING TO BED

The sulfates in Epsom Salts can help to remove toxins from your body through your skin. Add 1.5 cups of Epsom Salts to a bath of as-hot-as-you-can-stand water. Soak for at least 20 minutes. An Epsom salt bath will also help to relax you, which is wonderful if you have trouble getting to sleep.



DRY SKIN BRUSH EVERY MORNING

Your lymphatic system removes toxins from your body. It can get sluggish, which is why dry skin brushing is so important. The dry skin brushing action will actually stimulate your lymphatic system to remove toxins from your body. You need a soft natural bristle brush for the task in hand! Dry skin brush before you get in the shower every morning. You need to use long upward strokes - always brushing up toward your heart. Start at the base of your feet and work your way all the way up (see my demo video).



DETOX YOUR PERSONAL CARE & BEAUTY PRODUCTS

by paying close attention to the ingredients that you need to eliminate (see box below). Many of these ingredients are considered "toxic" because they disrupt the natural workings of your body. Remember, we only want to use ingredients that support our body to perform as efficiently as possible.. Our skin absorbs over 60% of what we apply to it, so let's make sure that our personal care and beauty products are as safe as possible.

