

Cellulite Brush Up

Personal trainer and holistic health coach **Linka Crosby** provides this timely refresher on cellulite's causes and treatments.

Cellulite is a French word that has been adopted by many alternative practitioners and beauty therapists, as well as the general public, because there is no word in the English language to describe those lumpy fat deposits which collect and form bulges on the female anatomy, especially on the thighs, buttocks and upper arms. These deposits have the appearance of orange peel and pucker when squeezed, rolled and pressed. They also feel cold to the touch and appear whiter than other areas of the skin.

In the early stages of accumulation, cellulite will be soft because of the presence of fluid, but over time it will become progressively harder and grainy feeling; making it even more difficult to lose (although it is never impossible).

CELLULITE INDICATES THAT the body is in a toxic condition and, if left untreated, the toxicity could lead to more serious conditions like permanent water retention or arthritis—cellulite is a warning sign that the body needs a thorough detoxification and cleanse. This ideally means eating pure organic fruit and vegetables, aiming for at least 50-to-90 per cent raw with clean purified water daily, eating super foods, grass-fed organic meats, daily exercise, eliminating junk foods...the list of holistic health recommendations goes on and on.

Taking all of this into consideration there is no wonder that we need to be advising our clients to take a closer look at what chemicals and additives are actually in our foods, and striving towards healthier options. As we consume artificial foods, the

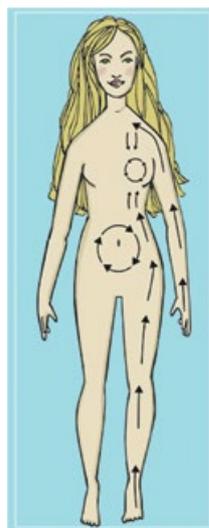
more clogged up we become and in some cases the artificial substances may not be eliminated by the body at all but stay as accumulated waste material in the system.

When pure, natural foods are eaten, the large intestine and liver are extremely efficient at getting rid of wastes quickly, so by eating more natural organic foods, the quicker the digestive system breaks it down.

The skin is responsible for a quarter of the body's detoxification every day and therefore plays a vital role in ridding the body of toxins and impurities, especially accumulated waste products.

A TRADITIONAL TREATMENT that assists the skin in its cleansing processes is dry skin brushing. Among other benefits, it stimulates the lymphatic system and increases blood circulation, contributing to healthier muscle tone and better distribution of fat deposits. Regular dry brushing can help rid the body of toxins such as uric acid, as well as exfoliate dead skin cells.

Spa therapies should incorporate dry brushing prior to a body wrap or a massage, which helps increase the detoxifying quotient of the treatment, as well as prescribe for homecare. 🍌



BEST PRACTICE

Using a paddle or roller brush on clean dry skin, start brushing briskly in long sweeping strokes from the base of the feet up the legs. Do this for about 10 strokes. Continue with 10 strokes from the hands up the arms. Brush raised arms and armpits downward. Brush the stomach and chest area in clockwise circular motions, applying lesser pressure on the downward motion and firmer pressure to the upward motion towards the heart.

Linka Crosby has been in the health, beauty and fitness profession for most of her life; originally learning from her mother who was a sought-after hydro therapist and health consultant in her native Czechoslovakia. Over the years, Linka has studied many modalities and applies her gifts and expertise with enthusiasm and a love to inspire and uplift those that seek her guidance. Now a personal fitness trainer and holistic health and wellbeing coach, Linka owns and manages Link Reaction in Perth, where she also offers colour light therapy and Joya crystal massage. LINKREACTION.COM.AU





Joya Australia's latest addition to the crystal massage system—the **Joya Massage Roller Brush**—combines the detoxing effects of massage and dry brushing plus adds the balancing energies of crystals. While the freely rotating crystal sphere performs the massage, the soft bristles clear the skin and promote detoxification. JOYA-AUSTRALIA.COM.AU

Brightwood brushes and beauty tools has a broad selection of handmade dry body brushes in a variety of styles, woods and bristles. Natural and organic fibres are ethically sourced from small communities and woods sourced responsibly from well-managed, sustainable forests. 612 9791 9608

Bodecare body and face brushes are hand-crafted in Germany from tampico plant bristles and FSC-certified, heat treated (not fumigated with chemicals) oiled timber. Tampico bristles are a fine plant bristle that won't scratch. BODECARE.COM

The Natural Tampico fibre skin brush from **Synthesis 345** has a long handle as well as a detachable brush head with canvas strap so that it can be used on the hand. SYNTHESIS345.COM.AU

Body Temple Organic & Natural Skincare long handled brush made from sustainable British beechwood has Mexican cactus bristles because the thick, low-flex fibres round and improve with use. BODYTEMPLE.COM.AU



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