

BODY CLEANSING

These are simple ways that you can nourish the body throughout your detox and aid in the processes of detoxification:

SKIN BRUSHING

- using a loofah sponge or other natural bristle brush, make very light strokes starting from the extremities and moving towards your heart
- this can be done on dry skin before bed
- stimulates circulation and helps to purge toxins

HYDROTHERAPY

- end each shower with a splash of cold water

SAUNAS

- check out locations near you that offer saunas or utilize the one in your gym this week
- post-sauna is a perfect time to replenish with a green juice!

TONGUE SCRAPING

- this helps to eliminate pollution and bacteria build-up on the tongue

HOT BATHS

- Epsoms salts baths every other day are a great tool for detoxification
- use up to 2 cups salts in every bath!

LIGHT EXERCISE

- yoga, especially restorative practices
- walking
- bike riding
- swimming
- keep it light!

BREATHING

SLOW IT DOWN!

- aim to go to bed by 10pm
- spend less time with people this week
- spend 1/2 hour each day doing something or being with someone you really love
- take this time to nurture yourself and refresh!

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