

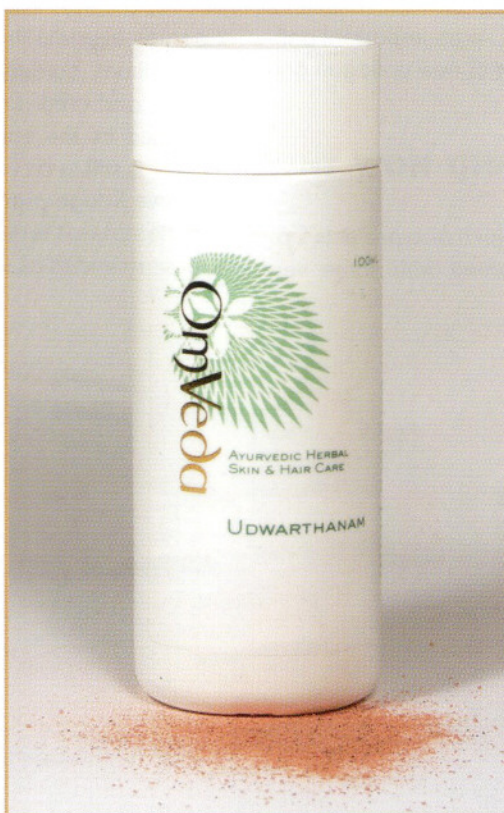


How to boost your SKIN BRUSHING results

When it comes to detoxification the skin is a good place to start because it is considered the largest organ of elimination in the body. One method that is considered credible and effective is dry skin brushing. Originally used by alternative health practitioners, skin brushing is now extensively used in spas and beauty salons as an effective means of supporting detoxification.

Dry body brushing helps stimulate circulation and lymphatic flow. As we know, lymphatic drainage is a gentle, specific procedure, and one of the rules of the technique is that it must not be done deep or heavy-handedly. This is why gentle dry body brushing can be an excellent tool to stimulate the lymphatic system, which enhances the body's natural detoxification processes. It also helps the body eliminate toxins through the skin and aids in the removal of dead cells, thus assisting with product penetration, whether it is essential oils or herbal ingredients in body wraps that aim at drawing toxins and re-mineralising the skin.

The right dry skin brush is made of vegetable bristles that are neither too stiff nor too soft. You should feel some friction against the skin, but it shouldn't scratch. It is best to do this right before taking a bath or shower, whether at home or with your clients in a salon or spa.



To perform this procedure, start with the feet and gently brush up towards the heart. Brush from the extremities towards the centre of the body. Brush gently in a circular motion around the abdomen and around the breasts. Pay particular attention to cellulite-prone areas such as inner thighs and buttocks and inner and outer arms. Body brushing also helps prevent ingrown hairs, so pay attention to ingrown-prone areas like the bikini line and legs. The technique will also improve the tone of the skin giving it a healthy glow.

For home use, dry body brushing for two minutes every morning before showering ensures the skin works at its peak. A sluggish system can lead

to toxin build-up and cellulite, but committing to daily body brushing pays dividends. One study claimed that body brushing could actually eliminate nearly 500g of toxins from the body daily.

For hygiene purposes it is recommended that each client have their own brush. Wash and disinfect the brush with a spray disinfectant and dry and store in a dry, clean place.

To bring your dry massage results to a new level OmVeda has just launched a new product to be used to further enhance the detoxification process through dry brushing techniques.

OmVeda's Udwarthanam is a powder that combines traditional Ayurvedic herbs specifically chosen and used for their unique properties, helping to increase circulation, remove impurities and aid in moving vital fluids to help balance and purify the body.

HERBS USED INCLUDED:

- Pandanus Odoratissimus (known commonly as Kewra), an aromatic herb that acts as a stimulant and for its anti-spasmodic effect
- Himalayan Cedar, which aids in increasing circulation and treating skin disorders such as eczema and psoriasis
- Nut Grass, an astringent that also stimulates metabolism
- Rubia Cordifolia (Manjishta), an anti-inflammatory and anti-bacterial
- Vetiver, which helps to remove excess heat from the body and also possesses strong anti-bacterial properties.

METHODS OF USE

Udwarthanam is sprinkled on to the body and firmly massaged in using circular motions to help increase heat, stimulate circulation and break down congestion in areas where circulation has become sluggish and where toxins and cellulite are evident. The combined action of massage and herbs aids in improving surface circulation, keeping pores open and encouraging elimination of metabolic wastes. This increases nutrients and oxygen to the skin, improves blood flow, promoting perspiration and thereby aiding the overall cleansing process.

In addition to internal health, body brushing has a remarkable effect on the appearance of the skin. Dead and dry surface cells are removed and oil glands are stimulating to perform their task for skin lubrication and protection. As a result the skin becomes smoother and more lustrous.

Alternatively, OmVeda's Udwarthanam can be used in conjunction with an oil massage. Following a massage with OmVeda Raksha Oil or Karporadhi Oil, sprinkle powder on to the skin and work in a circular motion.

OmVeda Udwarthanam is available in shaker form for simple and easy application. When using Udwarthanam in conjunction with a brush, OmVeda recommends eco and skin-friendly fibres such as sisal, coconut or jute. Start with gentle circular motions, then longer, smoother strokes, gradually building firmer strokes as the skin becomes accustomed to the sensation.

**For more information please call OmVeda on
1 300 662 383 or visit www.omveda.com.**

All OmVeda products are formulated from the bases of the Vedic Scriptures and traditional health and beauty recipes that have been used for over 5,000 years. Organically grown. Not tested on animals, free of chemicals and preservatives. **AAJ**

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AYURVEDIC BLISS PACK

OmVeda has just launched a wonderful travel pack with pockets that include six of their most luxurious hair and beauty products. The products are in generous 25 mls tubes and offer the a great opportunity for your clients to be introduced to the range, which is truly unique. The Kit contains ALMA SHAMPOO rich in Ayurvedic organic botanicals to give the hair strength and shine, BODY GEL for sensitive skin, a SANDALWOOD FACIAL CLEANSER and a DATE ENRICHED MOISTURISER. Additionally, the kit contains REHYDRATING BODY LOTION and the exquisite ROSE TONER, which is like nothing you have ever tried before. These products are deliciously aromatic, with no artificial colours and fragrances and made to the time-honoured principles of Ayurvedic writings. They are wholesome, nutritive and highly pleasurable. **Contact OMVEDA ph: 1300 662 383 or visit www.omveda.com.au to find out more.**



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This Christmas promote the ultimate Gift Pack that will promise real results. DANNE has just launched the **DMK GIFT PACK** that offers unbeatable value and incredible results. It contains five generous-sized products (30 mls to 60mls) in a beautifully presented pack for the perfect quality gift and an excellent options for travellers. The products include a highly potent antioxidant **DIRECT DELIVERY VITAMIN C SERUM**, **SEBA-A**, which is a high quality nourishing serum, containing soybean, wheatgerm oil and parsley oil to restore the hydro-lipid barrier of the skin. The kit also contains **NITE FIRMING CREAM**, a potent moisturising and anti-oxidant cream and **REVISE-A** an effective exfoliating product designed to produce a smoother, more radiant skin. To support the mineral content of the skin **HERB & MINERAL SPRAY** will enhance moisture and nutrient retention of the skin with effective herbal extracts such as alfalfa, sage, black cohosh, licorice and peppermint extracts that are mineral-rich and support skin health. **Contact DANNE on 1800 222 342.**