

*Peggy Hall's*

**10 DAY**

**Transformation**

**Natural Skin  
Care**

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## 10 Day Transformation **Natural Skin Care** Contents

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### **Detox Bath Recipe**

1 cup of Epsom salt

1 cup of baking soda

1 cup of powdered milk (okay to use 1 cup fresh milk if preferred)

few drops of essential oil (optional) like lavender

Mix everything but the essential oil together in a big bowl and then scoop out a heaping cupful for your bath. Add a few drops of essential oils if you like.

Lavender is for soothing a calming and will promote a good night's sleep.

Grapefruit and orange are stimulating and will create more energy. Experiment and see what you like!

Try to have the bathwater as hot as you can tolerate. Take care of course, so you don't burn yourself, but you do want to work up a sweat.

It's a good idea to do some skin brushing before getting into the tub. (See instructions on page 4). You may feel some tingling when you get into the water, but rest assured this is very detoxifying. Take care and brush your skin gently the first few times you do the skin brushing. Treat yourself kindly at all times.

Drink a glass of water before taking your bath, then sip on another glass of water while you're in the tub.

Soak for about 20 minutes. Try to relax. Light some candles and play some relaxing or uplifting music. Avoid reading magazines or anything that is too stimulating. It's better to just have this as a quiet, reflective time. It's much more healing and therapeutic.

## **Dry Skin Brushing**

Did you know that your skin is the largest organ of elimination? That's right!

Along with the kidneys, liver, bowels and lungs, the skin helps your body eliminate waste.

You might not realize it, but your skin needs to breathe.

One of the best ways to help your skin breathe is by doing dry skin brushing. Use a natural-bristle body brush (not a hair brush or plastic brush) which you can find at a health food store or drug store. Get a long-handled one so you can reach all those areas that need getting to.

Start at the soles of your feet and work upwards, using short brisk strokes. Start out gently. Don't be surprised if your skin turns somewhat pink! In fact, that is the desired result. It simply means that you're bringing more blood to the surface of your skin. You're also opening up the pores of the skin for better elimination.

Keep brushing in short, brisk strokes toward your heart. Brush the palms of your hands and up your arms, toward your heart. Brush your belly, your buttocks, and your back. You can gently brush your neck, moving upwards this time. Avoid brushing your face.

Practice dry skin brushing at least once a day. It only takes a few minutes. You're welcome to do it morning and evening if you like, as your skin becomes more conditioned. You'll find that after a week or so, you can tolerate a stiffer brush. But please, work your way up to it!

Make sure that your skin is dry when you're doing the brushing. Don't be surprised if you detect an odor coming from your skin, especially while you're detoxing. After a while, that will subside.

Many women find that the dry skin brushing helps noticeably with reducing cellulite. That's because of the increased circulation, the "exercising" of the skin

and connective tissue to make it firmer, and the general detoxifying of your body.

You may want to do more skin brushing on the areas with cellulite.

### **Why should you do dry skin brushing?**

- Improves the functioning of your immune system
- Strengthens your skin, making it firmer and more resilient
- Increases circulation, improving health and texture
- Stimulates the metabolism
- Helps eliminate folliculitis (little bumps on the skin)
- Improves the appearance of cellulite
- Makes your skin softer and smoother

## **Contrast Showers**

I'll be the first to admit that contrast showers are not for the faint-of-heart.

Nonetheless, contrast showers are extremely therapeutic, especially while you're detoxing. And who knows? You may just grow to enjoy them, like I have!

### **How to do the contrast showers:**

- After skin brushing, take a warm shower and wash your skin and hair using only natural organic products. (See page XX for more information.)
- Then, step out of the stream of water and turn the water to as cold a temperature as you can tolerate. Start out with tepid water if that's all you

can do at first. Don't worry – your body will adapt as your blood vessels and capillaries and skin grow stronger.

- Now start with your feet and legs and just put one part of your body at a time under the stream of cold water. Rub your skin briskly while you do so. Keep the rest of your body out of the cold water and just focus on one limb at a time for about five seconds or so.
- Next, move to your arms, and one at a time, rub them briskly under the cold running water. Pay special attention to your armpits, and rub them really well to help move the lymph fluid, which carries away toxic debris.
- Next, do your neck, chest and abdomen. Then turn around and do your back, paying a lot of attention to your low back, rubbing briskly where your kidneys are, assisting with the elimination of toxins.
- **Caution:** don't let the cold water run on the top of your head. If you can tolerate the cold water on your face, that's fine, but it's not required.

Remember, you're not standing under a cold shower – you're putting one body part at a time under the cold water, rubbing briskly for several seconds.

Ideally, you'll repeat this action once more, going from warm shower to cold.

Finish off with the cold and then dry yourself briskly with a fresh, warm towel.

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## **Tongue Scraping**

It's a little disconcerting to think of your mouth as a breeding ground for bacteria, but there are a lot of organisms living there, especially on the back of your tongue.

Luckily, you can remove that bacteria by doing tongue scraping every morning and evening, after you brush your teeth.

You can buy a special tongue scraper at the health food store or drugstore, or you can just use the edge of a spoon.

Start at the back of your tongue and scrape toward the front. Do it three or four times, making sure to get to entire surface of the tongue. Rinse the scraper after each pass.

Don't be surprised if you see an *increase* in debris after the first few days of detoxing. This is absolutely natural – in fact, it's an excellent sign that your body is doing some deep cleansing.

An added benefit to tongue scraping is that your breath will be much fresher and overall, your mouth much healthier!

In fact, many people find that they no longer get colds or sore throats after they've been doing tongue scraping regularly. So, just like the skin brushing, please keep up this good habit even after you've completed your 10 Day Transformation.

## **Natural Body Care** (optional but highly recommended)

While you're on the 10 Day Transformation, you can accelerate your results by treating your body and skin to natural care.

You may not realize it, but most shampoos, soaps, toothpastes, deodorants and lotions have harsh chemicals that get absorbed by our skin.

Why not give your skin a true detox too?

Here are some of my favorite natural items for skin care.

**Face and body:** Jojoba oil (closest to our own skin's molecular structure)

**Teeth:** use baking soda instead of toothpaste (just dip your moistened toothbrush in a little baking soda) – most commercial toothpastes have sugar or artificial sweeteners – can cause sugar/carb cravings. You can also buy a natural toothpaste like Tom's of Maine, but be sure to read the labels. Avoid anything with artificial sweeteners like xylitol, mannitol or sorbitol. Baking soda is best.

**Bubble bath:** use the detox bath recipe instead

**Soap:** be sure to use natural soap made from glycerin or olive oil – no deodorant or anti-bacterial soaps

**Shampoo:** use organic or those without sulfates. A lot of commercial brands now are creating sulfate-free options.

**Deodorant:** use baking powder or cornstarch instead. Or, try the natural “crystal” deodorant found in most drug stores.