

skin & lymph rejuvenation



Salt Glow

For Increased Blood Circulation & Lymph Cleaning

For a more effective detox, use the salt glow and skin brushing techniques prior to using the Aesta Infrared Mat, Jewel Mat, Sauna Dome, Supreme, and Wooden Saunas.

Salt Glow should be done after a skin brushing. (The skin brushing procedure is explained below)

Salt Glow Procedure

1. Oil a large soup bowl
2. Fill with Epsom salts
3. Wet it down with water
4. Salt should have the texture of wet sand (granular, not soupy)
5. Undress and stand or sit in bathtub. Make sure you are secure so you do not slip
6. Take a handful of salt and rub vigorously in circular motion towards the heart (same routine as skin-brushing).
7. Do not skimp on salt
8. After doing the whole body, repeat, rubbing off the salt from the first application
9. Now shower with lukewarm water; going from warm to cold. When the water turns cold, let it hit your legs first. Do not let it hit your heart or head first as this can cause a slight shock to the body.

Regular Salt Glows will help ease constipation, swelling, skin conditions, poor circulation, fatigue, stiffness, headaches and arthritis.

Dry Skin Brush Massage Procedure - Brush for Beauty

This routine is done morning and night during the program and once a day after the program is completed.

A long-handled natural bristle brush is best. Never use a synthetic brush.

- Brush skin lightly to start. As the skin becomes toned you may brush more heavily.
- Start at the bottom of the feet using a rotary or circular motion and then proceed to the legs, arms, back, abdomen and chest. Women should avoid doing the breasts. Never wet-brush and always brush toward the heart. Continue until your skin acquires a red glow. Skin brushing should take about 10 minutes.
- Skin-brush as soon as you wake up and before retiring. This will refresh the body in the morning and relax it before bed.
- A shower should always follow skin-brushing. This will remove uric acid crystals along with any dead skin that has been loosened.
- Always start your shower with warm water and end with cold. When the water turns cold, let it hit your legs first. Do not let it hit your heart or head first as this can cause a slight shock to the body. Once the water is cold, do not linger.
- Baths can be unsanitary. When the pores open, they allow the toxins to be reabsorbed. Avoid hot showers; when showering in high temperatures; toxic chemicals are carried in the steam. Warm showers are best if you do not have a shower filter.
- Soaps should always be used but do not soap the entire body. Areas to be soaped are the underarms and groin region. Rinse soap off thoroughly to avoid clogging of pores.

Benefits of Dry Skin-Brushing

1. Opens pores, removes toxins and dead skin
2. Increases blood circulation
3. Helps to stimulate hormone and oil producing glands
4. Helps to take the load off other organs by helping the eliminative system
5. Helps in rejuvenating the nervous system
6. Helps improve muscle tone and prevent fat deposits
7. Improves complexion
8. Improves overall health, which helps against premature aging

Skin-Brushing Tips

1. Every two weeks, wash your brush with natural soap and let it dry in the sun
2. Never share your brush
3. Never brush irritated or infected areas of the body
4. Brush scalp regularly to remove dead skin and to help promote hair growth
5. If you brush facial skin, be very gentle; better still, use a facial skin brush



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