



So Organic helpful fact sheets:

Body Care

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Whilst the skin on our face is often over exposed the skin on our body is mainly hidden and therefore often totally ignored. By caring for the skin on your body throughout the year you will keep it supple, reducing scarring and stretch marks, and feel less worried about baring some flesh when the weather turns warmer too!

Alongside its role as a protective barrier the skin has an important function as an organ of elimination, just like the kidneys and liver and even without extra help, it discharges more than a pound of waste products every day through the lymphatic system.

Daily body brushing:

A simple way to enhance this process is by daily body brushing; this can help the skin's elimination process become much more effective, not only improving the appearance of your skin but also giving general health benefits - such as improved blood circulation and immune system.

One of the reasons so many people give up dry body brushing after a few attempts is that it can be uncomfortable. A professional tip is to brush swiftly upwards and quickly follow with your other hand; you only need to use enough pressure to make the skin gently rosy not red.

Make your own body scrub:

1. If you have five minutes make your own energizing salt scrub as used in our Invigorating Hip and Thigh treatment at the So Organic Treatment Rooms.
2. Using a Kilner jar fill it up half way with salt, any salt will do but ideally Dead Sea salt.
3. Cover it with a good quality, fresh organic sunflower oil.
4. Add 2 drops of Lemon Essential oil, 2 drops of Grapefruit Essential oil and 3 drops of Eucalyptus Essential oil.
5. Mix up well and reseal, it will keep for up to a month.
6. Use it on dry skin standing in the bath, massaging into the skin in circular motions, then shower off.
7. It will leave skin glowing and the zesty smells will give you real get up and go!

Tips for super soft skin:

Buy: If you do not wish to make your own then buy a scrub which is appropriate to your skin type.

Exfoliate: Gentle, regular body exfoliation is the most effective way to reduce dry patches.

Apply: Application of a light body oil or moisturiser after your shower or bath seals in moisture and protects the skin.

Body Wrap: To create your own body wrap for a special body treat apply a thick layer of moisturiser and wrap yourself in warm towels.