

SEASOURCE SPA SET Benefits external De-toxing & re-mineralization

April 26 Go for the Gold Conf. call notes w/ERVP Nicole Larson (massage Therapist & Holistic Health Care Practitioner)

* The skin is the largest most important eliminative organ in the body and is responsible for one quarter of the body's detoxification each day.

*The skin receives one third of all the blood circulated in the body.

*The skin is the last to receive nutrients in the body, yet the first to show signs of imbalance or deficiency.

Detoxification is performed by a number of organs, glands, and transportation systems, including the skin, gut, kidneys, liver, lungs, lymphatic system, and mucous membranes. The **dry brushing** technique deals with detoxification of the skin.

Dry brushing is a way to stimulate all the above organs of detoxification because it provides a gentle internal massage.

Dry brushing cleans the lymphatic system. Lymph is considered part of our immune system and is made of white blood cells called lymphocytes and the interstitial fluid that bathe our cells, bringing our cells nutrients and removing their waste. All detoxification occurs first and foremost through the lymph. Our bodies contain far more lymph than blood, so you can see how important this might be. Dry brushing is an essential part of any intestinal cleansing and healing program.

Other benefits of Dry Brushing:

- *Removes dead skin layers
- *Strengthens the immune system
- *Stimulates the hormone and oil-producing glands
- *Tightens the skin preventing premature aging
- *Tones the muscles
- *Stimulates circulation
- *Improves the function of the nervous system
- *Helps digestion
- *AND it's easy, inexpensive and invigorating!

Some of the Arbonne SeaSource Key Ingredients:

Bladderwrack (a seaweed): Source of Iodine, an essential nutrient for the thyroid gland.

Spirulina: a "Green Superfood", Rich in Beta Carotene, iron, Vitamin B-12, and the rare essential fatty acid GLA. It offers a striking profile of vitamins, minerals and phytonutrients.

Sea Fennel: Rich in Vitamin C, and mineral salts

Sea Kelp: By weight, sea kelps are greater in vitamins and minerals than any other food. It provides full-spectrum densities of beta carotene, chlorophyll, enzymes, amino acids and fiber. Assists in re-mineralizing us. They convert unstructured ocean minerals into neutral mineralized salts that meld with amino acids. Our bodies utilize these combinations as the perfect manner to assimilate useful nutrients for functional building blocks.

- The minerals in seaweeds break open the chemical bonds that seal toxins in our cells, allowing trapped toxins and wastes to be naturally absorbed into the lymph system and subsequently eliminated from the body.

Thalassotherapy: the therapeutic use of seawater.

- Increasingly, people are turning to thalassotherapy for its anti-aging treatments. It has been a favorite treatment for cellulite reduction both for its effectiveness as well as its calming approach. The cause of cellulite are generally attributed to poor blood circulation and a build-up of toxins, so an overall thalassotherapy treatment can release these agents while providing other benefits, such as:

- *Muscle toning and skin cleansing
- *weight loss aided by improved metabolism
- *improved cardiovascular functioning
- *boosting of the immune system
- *improvement of sleep quality
- *relief of the symptoms of eczema, psoriasis, back and muscular pain & stress.

Since the chemical make-up of seawater is so similar to that of human blood, immersions in water when heated to body temps results in trace minerals and ions such as magnesium, potassium and calcium sulphates to be absorbed directly by the skin. This not only increases blood circulation, it also has beneficial effects upon the pores of the skin such as toning and moisturizing.