For Beautiful Skin - A Body Brushing Workout that Works

by Teresa Tapp - creator of T-Tapp

Dry body brushing has been promoted for decades all over the world and offers multiple benefits such as:

1. Stimulate blood and lymph circulation.
2. Help decrease cellulite.
3. Remove dead skin.
4. Make you feel energized.
5. Improve skin texture to help you look younger.

Nutrients In — Trash Out

Basicly, doing repetitive brushing strokes increases blood flow to the surface of your skin, which in addition to removing dead cells, increases the availability of necessary nutrients so it can repair and rebuild. And since you are using T-Tapp techniques to maintain muscle and fascia activation while brushing, you are also optimizing your body’s ability to take the “trash” out (i.e., eliminate toxins).

No need for supplements either

Although I believe that supplementation with Premium Blended Alfalfa and Fibrecan can help accelerate skin tightening results, they are not necessary! For example, take a look at this picture of Lisa Illitt and I. It’s hard to imagine, but she lost 50 lbs and doesn’t have any saggy skin. Not bad for a mom who gave birth 6 times and has 5 grandchildren. Her picture easily shows how fit and smooth her skin is but take a look at this recent interview of her wearing a bikini with confidence. She accomplished this by doing T-Tapp Total and CRT body brushing workouts on a daily basis without supplements due to allergies. Best of all, she has kept it off for 15 years and although she no longer does complete T-Tapp workouts every day, she never misses the opportunity to do the CRT body brushing workout every morning because “it just feels so good.”

Similar results happened for Linda Osmond too. As a mom of 5 with hypothyroidism and osteoarthritis who was chafed and went from one muffin to zero, she was taken in July 2007 at age 54. She also gives credit to the combination of her body brushing and working out. You can read her full story and see more photos at https://www.tapp.com/success-stories/

So what makes the sequence within the CRT Skin Tightening Body Brushing Workout so special and different from other body brushing programs?

1. First of all, it starts with the palm of your left hand, not your foot.
2. It increases sensory input throughout your body for greater mind-muscle connections and metabolic function.
3. It improves fascia fitness without any trauma to tissue (no bruising).
4. It increases aerobic heart rate while brushing which can improve circulation.
5. It stimulates left brain-right brain coordination.

Basic Outline for the CRT Skin Tightening Supreme Sequence:

1. Start brushing the palm of your left hand, up your arm, through the armpit and across your chest towards your heart.
2. Your weight should be shifted into your heels while brushing.
3. Your opposite knee, of side being brushed, should maintain a constant shift outward to create full fibrous activation of all muscles that stretch from your knee-to-ankle and knee-to-tibia.
4. Once you finish brushing your left upper body, repeat the same sequence on the right.
5. Then start brushing the sole of your left foot (elevated at hip), up your leg, through your left groin and finish around your left hip and buttocks.
6. In addition to adding “just one” toe on your left foot while brushing the left leg, make sure to shift and maintain your right knee outward and tailbone tucked as best possible for optimal results.
7. Once you finish brushing your left leg, repeat the same sequence on the right.
8. Finish with abdominal strokes upwards towards your heart, at angles and around your waist.
9. Then repeat strokes in areas of concern, as desired.

Overall I believe that dry brushing your skin is just as important as exercising your muscles, if not more so, because your skin is designed to eliminate toxins from your body. And when you incorporate T-Tapp techniques while brushing you turbo charge multiple systems within your body to look, feel and function better. So don’t delay, get started today so you too, can help your body help itself remain agile and vibrant.