

# 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

When I learned about body brushing in Europe, while working in the high fashion industry, I was amazed at what a difference it made for my skin but wondered "what if" I combined my method of full fiber muscle and fascia activation at the same time? My theory was it could improve the skin's ability to tighten, as well as accelerate the body's ability to reshape and eliminate toxins. Well... the combination of maximizing muscle and fascia activation, along with focus on body alignment and weight distribution while brushing in a different sequence, delivered even more results as follows:

6. Increased metabolic function
7. Improved body shaping inch loss
8. Helped decrease inflammation
9. Improved skin's ability to tighten, even with extreme weight loss

And it seemed like everyone who tried it received visible, lasting results.

From new moms wanting to tighten their abdominal skin to baby boomers battling loss of skin tone due to hormones, as well

as anyone looking to lose a lot of weight without saggy skin ... it worked. Why? Because they were "exercising" their skin!



## Nutrients In — Trash Out

Basically 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 (ie - eliminate toxins)

## No need for supplements either

Although I believe that supplementation with Premium Blended Alfalfa and Fibertox can help accelerate skin tightening results, they are not necessary! For example take a look at this picture of Lisa Miller and I. It's hard to imagine, but she lost 100 lbs and doesn't have any saggy skin. Not bad for a mom who gave birth 6 times and has 3 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 18 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 hypothyroid issues- grandmother of 3, she lost 75 lbs and went from size 16 to size 4 without saggy skin by

doing T-Tapp Total and CRT body brushing workouts. Plus she has kept it off for over 10 years and this picture of her in a bikini was taken in July



2017 at age 54. She also gives credit to the combination for helping her abdominal stretch marks greatly diminish. You can read her full story and see more photos at <https://www.t-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 centers throughout your body for greater mind-to-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 oxygenation
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 arm pit 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 fiber activation of all muscles that attach from your knee-to-ankle and knee-to-hip
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 is best), work up your leg, through your left groin and finish around your left hip and buttocks
6. In addition to adding "jazz toes" 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 up towards your heart, at angles and around your waist.
9. Then repeat strokes on 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 ageless and vibrant.

*Yes You Can!*