

# *La Casa Day Spa*

## *Good Skin Care*

### **Cleaning the Skin**

One of the most wonderful things about the human body is that its largest organ is on its outside. This is, of course, the skin. Being on the outside means that the skin is ideally suited for non-invasive therapies. We can, and do automatically and continuously, both nourish and detoxify our bodies through the skin.

The ability of the skin to accept substances and deliver them to the bloodstream is well-known, and used currently in traditional medicine. This is because the skin serves as a direct link to all the other organs. Physicians are now reviving the age-old practice of delivering medicine through the skin. Heart patients use nitroglycerin patches; cigarette smokers try to break their addiction through the use of nicotine patches. So great, in fact, is the ability of the skin to absorb substances that one drop of essential oil placed on the fingertip will show up in hair analysis ten minutes later.

The skin's ability to excrete toxins, however, is not as emphasized. In natural health circles, the skin is referred to as the body's third lung, or third kidney. It aids tremendously in throwing off all toxins from the body. We absorb more impurities, and eliminate more waste through the skin than any other organ in our bodies (including the colon). Two pounds of waste are eliminated every day through the skin. The skin works hand in hand with the kidneys. On hot days, we do a lot of our elimination through our skin, and our kidneys don't have to work as hard. Conversely, on cold days, our kidneys take over this function of the skin because the skin is not eliminating very much.

The skin is often the first place that biological imbalance appears. When the other systems are overloaded in dealing with too many toxins, the skin is utilized as an organ of detoxification. Eruptions, blemishes, odors and colors may appear as the skin tries to do overtime in ridding the body of waste.

### ***The Prescription:***

Once the skin is thoroughly cleansed, it becomes an ideal organ for the absorption of nutrients. This is the theory behind *La Casa's* body wraps. In applying mud, herbs or algae to skin that is ready to receive nourishment, we are literally feeding the whole body. We've found two studies enlightening about the value of using the skin as an organ of absorption in the promotion of health. A study performed in Japan demonstrated that cancer growths of the skin, small intestine, stomach, lung and liver were significantly inhibited (by 75%) in mice fed green tea extracts. Researchers at Rutgers University of Medicine and Dentistry took this basic finding, replicated it and gave it a slight variation. This is when it gets really interesting. They reported that the green tea, indeed, suppressed tumor development, and that it didn't matter whether the tea was applied directly to the skin or included in the diet.

Cleaning the skin is easy, fun and feels good.

***Cleaning the skin:***

- 1) Take a dry skin brush and brush up the front of the body and down the back. You will feel a warm glow as you help the body in sloughing off old cells and bring blood to the surface of the skin.
- 2) Alternating hot and cold water in a shower after the dry skin brush maximizes the effect. This hot and cold alternation exercises the tiny muscles in the skin which control the opening and shutting of the pores.
- 3) After the shower, sitting in a tub of water with either four cups of Epsom salts added or one cup of apple cider vinegar will further the cleansing. The Epsom salts draw the toxins out; the vinegar restores the normal acid/alkaline balance to the skin.
- 4) To finish your skin cleansing, give your skin the best meal it could have. After you have towel-dried yourself to a warm glow, feed your skin essential oils made from the seeds of plants.

Oils are the most concentrated form of botanical extracts. Because seeds represent the reproductive system of plants, the extracted oil feeds the human reproductive system, endocrine glands, nerves and brain.