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# Day Ten

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# Dry Brushing

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No cleansing program is complete without cleansing your skin as well. Your skin collects all kinds of grime and toxins day to day, week to week ...and how many years has it been?

It's recommended to dry brush once a day for about 10 minutes before getting into the shower/bath.

Dry skin brushing:

- sloughs off old dead skin and encourages new growth
- increases circulation
- aids in lymphatic drainage which helps to purify the entire system
- can reduce the appearance of cellulite
- increases blood flow and tightens skin
- helps with muscle tone and more even distribution of fat deposits
- rejuvenates the nervous system by stimulating nerve endings
- helps your skin to absorb nutrients by eliminating clogged pores

# Cleanse Your Mind

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## Affirmation

I grow stronger and stronger every day .

## Thoughts

List 5 things you can do that will make your life better tomorrow.

# Journal



Thoughts, Feelings and Intuitions (Spiritual, Family, Inspirational)	
Gratitude	
Goals	
Fitness	
Joy	
3 signs of progress	
Something I will do better tomorrow to move me toward my goals.	