



## **Skin Rejuvenation for a Spring Glow** **By Whitney Young, ND**

You often hear people talking about their “spring detox” and spring cleaning for their body but you don’t often think about what role your skin plays. The skin has many purposes for your well-being. Your skin is your protection from the outside world. It’s important to ensure that any cuts, which weaken your protection, heal at a good rate. Your skin is also the biggest detoxification organ in your body. Other organs that help remove toxins include your liver and kidneys. The skin sweats and brings toxins and “waste” to the surface to be washed off or evaporated. It’s important to include some exercise and even saunas to increase sweating during a detox program. This will help to rejuvenate your skin.

To further your spring glow, along with sweating, naturopathic doctors often recommend dry-skin brushing. By taking a dry loufa, natural sponge or washcloth you gently brush your skin starting at the tips of your toes and fingers moving towards your heart. Use circular movements while being gentle with your skin. This rejuvenates your skin in a few ways. First, it takes away the dead skin cells. Second, the friction brings circulation to the area. This will increase blood flow to remove toxins from the area and bring more nutrients to the area. Dry-skin brushing is a great tool anyone can do at home. Follow it with your morning shower to feel refreshed and energized for the day.

Finally, your skin requires the right amount of nutrients to keep it healthy. A balanced diet with plenty of fruits and vegetables, whole grains, and legumes is necessary with your beverage of choice being water. Hidden food sensitivities can cause skin problems. Working with your naturopathic doctor, you can identify those foods causing problems. Supplementation is also sometimes needed to improve skin issues or address any nutrient deficiencies. Overall, it is important to realize “you are what you eat” and the proper nutrients will make your skin glow.

Spring is a great time to detox and feel great in your skin. To get your skin to glow make sure it is working to its fullest potential by detoxifying properly and giving it the nutrients it needs.