

# **Skin Rejuvenator (Hot Towel Scrub)**

The Hot Towel Scrub helps the skin. Blocking of the skin's full ability to serve as an organ of elimination is caused by the over-consumption of fat, cholesterol, and chemicalized food. One of the main signs that areas of the skin may be losing their elimination ability is dry skin.

By doing a Hot Towel Scrub daily, you can help your skin recover its natural qualities, healthy appearance, and ability to serve you as an important organ of elimination.

## **INGREDIENTS & UTENSILS**

1 cotton towel that can easily be folded into the size and shape of a chalkboard eraser that you can grab hold of firmly with one hand. So, a large towel will be too big, a hand towel will be a much better size.

1 gallon of hot water

1/3 cup of freshly grated ginger, placed in a small drawstring muslin pouch or some other porous pouch.

(You can use a terrycloth washcloth for this purpose if you do not have a drawstring pouch. Place the grated ginger in the center of the cloth, pull up the four corners around the ginger, tie with a string or rubber band to form a pouch that will not let the ginger pulp fall out)

## **INSTRUCTIONS:**

Once you have the grated ginger in a pouch of some kind, squeeze it to release the juice into the hot water. Then, drop the whole pouch in the water and leave it there.

Submerge your folded towel in the water, then remove it and wring it out. (You may need to wear rubber gloves if the water is too hot.)

Scrub vigorously over your skin from head to toe. Be careful of sensitive areas. Do not rub too hard, but just enough to scrub and invigorate the skin. Where you rub, your skin will turn pink or redder than usual. One full body scrub can be done in less than 5 minutes.

If your towel cools down, reheat it by placing back in the hot water and repeating the process.

You can use the ginger water for 12 hours. After that, it should be made fresh.

VARIATION: You can do this scrub with just hot water, but the addition of the ginger juice makes it far more effective.