



Nourish Your Skin From Within

Did you know that you can take years off your appearance by eating the right foods? By changing what you put into your body, rather than onto your body, you can improve your complexion from the inside out!

By eating healthily, you can transform a dull complexion into a radiant one. The antioxidant elements of certain foods - vitamins A, B, C, and E, as well as beta carotene - are highly effective in fighting against damaging free radicals and keeping your complexion smooth and young-looking .

Oily fish & nuts and seeds

Oily varieties of fish, as well as nuts and seeds, are great for the skin. Packed with essential fatty acids (EFAs), they reduce inflammation and help skin retain its moisture. Crammed with skin-enhancing nutrients, vitamins A and E, nuts and seeds protect your skin against pollutants and the damaging effects of the sun.

Avocado & extra virgin olive oil

Loaded with nutritional benefits, avocado and olive oil keep your skin looking healthy and beautiful. A great source of vitamin E and good fats, they nourish your complexion and are ideal for dry skin.

Berries & leafy greens

Berries are super-charged with vitamins C and E and help restore damaged skin, while leafy greens are a great source of antioxidant vitamins A, B, C, and E and keep your skin looking bright and radiant.

Mango and green tea

Mango is a great source of beta-carotene that is crucial for your skin. It's converted by your body into vitamin A and is helpful in treating acne prone skin. Green tea is bursting with antioxidants and slows the skin's aging process.

Wholegrains

Having a healthy digestion is vital for your complexion. Wholegrains are packed with fibre, iron and vitamin B and will help you get rid of waste, thereby preventing the build up of toxins on your skin.

SUPPLEMENTS

Because it is highly unlikely to consume these essential nutrients from diet alone, there is an important need to incorporate nutritional supplements into your daily diets as well.

DMAE (or Dimethylaminoethanol)

For tighter, firmer skin and the reduction of fine lines and wrinkles, try DMAE. This natural compound, found in the skin of fish is known for providing excellent collagen support to the outermost layers of skin.

Alpha Lipoic Acid

A natural acid and potent antioxidant, it eliminates free radicals. When taken internally, it can help prevent aging of the skin and the breakdown of skin elasticity.

Vitamin C

The star of skin cures, vitamin C protects the skin from sun damage and helps reverse the effects of sun damage. The oral ingestion of vitamin C is also helpful in increasing collagen production.

Coenzyme Q10

CoQ10 is a vital nutrient produced by our bodies and is a powerful anti-aging antioxidant which supports collagen production and skin elasticity by fighting the free radicals that cause premature aging.

Retinol (Vitamin A)

Retinol is a natural form of vitamin A and helps skin rejuvenation.