

Skin Rejuvenators

Ready to counter the adverse effects of late nights and changing temperatures? Revive your skin with the savviest health and beauty products for a smooth and flawless complexion!

Rejuvenate from within

Want clear, gorgeous skin? Include antioxidant-rich green, leafy vegetables, dark berries, acai berries, vitamin C-rich acerola cherries, kiwi and citrus fruits. If you want to add more moisture to your skin, eat more almonds, pumpkin seeds, avocados and oily fish. Add some carrots, tomatoes, sprouts and pulses, and you have the recipe for healthy, glowing skin!

Drink your way to beautiful skin

Looking for a natural collagen increase? Try Higher Nature Aeterna Gold Collagen Drink – a nourishing powder that mixes with juice to deliver a nutritious and delicious treat for your skin. The unique formulation delivers a potent mix of collagen, hyaluronic acid, vitamin C, zinc and copper to nourish the skin from the inside and leave it supple and radiant. Available at www.highernature.co.uk

Avoid skin enemies

Want to detox, but don't know where to begin? Start by gradually cutting down on skin beauty robbers such as caffeine, alcohol, smoking, sugar, salt and processed foods. Replace with green tea, non-alcoholic cocktails, fresh fruits, vegetables and pulses. Escort the toxins out of the body by going for a colonic irrigation. Remember to drink plenty of water daily, especially while detoxing.

Boost radiance

Looking for a hydrating supplement *par excellence*? Look no further than Hydratante Elite by Pure-XP. As the name suggests, it is packed with hydrating ingredients: fish oil, raspberry seed oil, hyaluronic acid and vitamins. This combination provides antioxidants, essential fatty acids and nutrients that retain moisture to help promote beautiful and dewy-looking skin. I am impressed with the results! Available at www.pure-xp.com



Restore a natural glow

Feeling sluggish in the morning? Try a head clearing and mood lifting exfoliator such as Elemis Exotic Lime and Ginger Salt Glow. Invigorating ginger stimulates circulation and tones the body, while lime peel works to energise, cleanse and purify the skin. Unrefined sea salt is blended with kukui, camellia and



jojoba oils to exfoliate and re-mineralise the skin, helping it regain its natural moisture balance and silky softness. Available at www.elemis.com

Reduce puffiness

Need a quick de-puff product? Revitalise your eyes with Liz Earle's gentle Eyebright Soothing Eye Lotion. Keep in the fridge for a super-cooling and de-puffing effect. Its naturally active ingredients include the herb eyebright to reduce puffiness and dark shadows, toning witch hazel, cooling aloe vera and cornflower to soothe.

Hydrate thirsty skin

Want a hydrating cream that locks in moisture? Try Weleda Wild Rose Moisture Cream – a light and easily absorbed hydrating cream. Pure musk rose oil, precious jojoba oil and nourishing plant extracts protect against dryness so the complexion radiates health. Complement with a Wild Rose Night Cream – a replenishing cream to deeply nourish skin during the nightly repair phase. Available at www.weleda.co.uk

Revitalise with an exotic massage

Is your skin in need of serious pampering? Try Elemis Exotic Frangipani Monoi Moisture Melt. The monoi oil leaves the skin beautifully nourished and satin smooth, while the exquisite scent of the exotic frangipani flower, known as the 'flower of the Gods', intoxicates

the senses. This is a super-indulgent treat for dry skin and hair as well as for the hands and feet, and my absolute favourite! Available at www.elemis.com

De-stress with yoga

Want to be free of worry lines? Find ways to release daily tension and unwind. Chronic stress can cause dry, dull and itchy skin, acne, eczema and even psoriasis. De-stress by changing your outlook on problems, laughing more and practising deep breathing and yoga.

Get your beauty sleep

Dream of waking up to beautiful skin? Aim at going to bed before 11pm to maximise on sleep's rejuvenating benefits.

Note: Always consult a doctor before changing your diet, embarking on a detox or taking supplements! □

■ With a flourishing private practice on prestigious Harley Street in London, Akcelina Cvijetic is Nutritionist and Life Coach to the royal family, celebrities and business people

