



15 BEST BEAUTY FOODS

NUTRITION FOR HEALTHY SKIN, HAIR + NAILS

skin nutrition

Eating the right types of food can make a noticeable difference to the appearance of your skin, hair and nails. Getting enough sleep, relaxation, water and exercise will also help you maintain a healthy glow. This guide shows you what foods help to banish wrinkles and keep your skin supple, one bite at a time!

glowing radiance

We all know how our skin suffers when lack of sleep, poor diet and stress kick in. Consuming a healthy meal restores our energy instantly, so which foods can boost your skin, hair and nails? We all know the basics like minimise processed foods, alcohol and over eating, but which foods boost our beauty regime?

food by skin type

Our skin is greatly affected by what we eat. Consuming too much sugar can trigger an acne breakout, but so can Vitamin C. If we look at our skin type and take note of what it needs, you can boost your diet to improve your skin, hair and nails.

no.1 capsicum

Red capsicum fights oxidative damage for a more youthful complexion. Ideal for all skin types, especially over the age of 30 years.

Red, green and yellow bell peppers are a rich source of vitamin C essential for the production of collagen. Maintain your skin by consuming 1/2 a red capsicum each week.

Red capsicums contain several phytochemicals and carotenoids. Beta-carotene delivers antioxidant and anti-inflammatory benefits. It's also beneficial for clearing blemishes and rashes.



no.2 omega-3's

There are two types of Essential Fatty Acids, Alpha Linolenic Acid (Omega 3) and Linoleic Acid (Omega 6) found in fatty fish, fruit & vege.

Omega 3's give us a glowing healthier looking complexion, stronger hair and nails.

The best vegetarian source of Omega 3's are flaxseeds, seaweed, mustard oil, chia and hemp seeds, beans, squash, leafy greens, mangoes, honey dew melon, berries, wild rice & cabbage.

Look for berry extracts in skincare products.

no.3 chia seeds

Chia seeds have a rejuvenating effect on the body. Ideal for moisturising, strengthening, and to repair and protect..

Rich in Vitamin E, Zinc, omega fatty acids, magnesium and protein, consume 20 grams twice daily.

In a mortar & pestle, grind 1 tablespoon of chia seeds to a fine powder. Mix with 1 egg white or coconut oil, apply to the face or hair for 20 mins then rinse. Cleanse & condition as usual. Leave chia whole for a body scrub.

Powdered chia seeds combine well with water, honey, lemon, coconut oil, egg white, yoghurt or olive oil.





no.4 antioxidants

Antioxidants protect the body from damage caused by harmful molecules called free radicals

Cranberries, blueberries and blackberries have the highest antioxidants of all fruits. Beans, artichokes and russet potatoes have the highest antioxidants for vegetables.

Coffee is a rich source of disease-fighting antioxidants. You can make a facial mask by crushing or grinding berries and coffee, then mix with coconut oil, yoghurt or soaked chia seeds.

Apply for 20 mins then rinse.

no.5 legumes

The most common varieties of antioxidant rich legumes include: black beans, adzuki beans, soybeans, anasazi and fava beans, chickpeas, kidney and lima beans.

A healthy diet can give you healthy skin. High in protein, beans provide a valuable source of protein. We need only 0.8 grams of protein per kilogram of body weight, per day.

Make a protein mask with bean flour or tinned beans. Mix with water, coconut oil or egg white. Apply for 20 mins and rinse.



no.6 water

Water keeps your skin hydrated, and staying hydrated plumps the skin making it look less wrinkled. Drinking a glass every hour is best.

Did you know that oils cannot penetrate the skin without water? That's right, so the best time to use a body or facial oil is after showering.

Look for products that contain Natural oils like avocado, olive, apricot, camellia, almond, evening primrose and castor oil.

Wash your face with water morning and night.



no.7 sunflower

Sunflower seeds are a rich source of Zinc, Vitamin A, E, C & D, that can help keep your skin free from inflammation that can lead to acne.

They are also a rich source of selenium, another powerful antioxidant that assists Vitamin E in repairing your DNA. And, they contain copper, this helps to produce the melanin that gives your skin its unique pigment.

Zinc & Vitamin E promotes hair growth by increasing blood circulation to the scalp. Sunflower oil can be applied directly to the skin.



no.8 carrots

Consuming carrots can give you a natural glow. People who eat a higher amount of carotenoid-containing fruits and vegetables, like carrots, typically have more yellow tones in their skin.

Look for carrot seed oil in skin care products or try a carrot, honey and lemon facial mask.

The consumption of carrots keeps your skin healthy and vibrant as they are loaded with Vitamin C and antioxidants.

Daily consumption is up to 180 milligrams a day.



no.9 almond milk

Almonds are a rich source of monounsaturated fatty acids, Vitamin E, potassium, proteins, zinc, and several other vitamins and minerals.

Create an almond milk bath with: 1 cup epsom salts, 1 cup almond milk, 2 tablespoons coconut oil and 10-20 drops of essential oil.

Or, an almond milk & honey mask Apply for 20 mins or use as a face wash and skin toner.

Replacing cows milk with almond milk for consumption will improve your skin.





no.10 kale

Kale is one of the best sources of lutein and zeaxanthin. These nutrients absorb and neutralise free radicals created by UV light.

Kale is beneficial for helping to prevent hair loss and improving hair growth.

It contains Vitamins A, B6, C & K, manganese, copper, calcium, potassium, iron, magnesium and folate. Low in calories and fat.

As a guide, we should consume 2-6 cups of fruit and vegetables per day.

no.11 green tea

In 2011 a study published in the Journal of Nutrition, found that people who drink a cup of green tea polyphenols every day for 12 weeks improved the appearance of their skin. It became more elastic and smooth.

Most of the polyphenols in green tea are catechins that function as anti-inflammatory and anticancer agents. Catechins boost blood flow and oxygen to the skin.

Brew a cup of green tea, add honey and lemon for a skin toner or use as a face wash.



no.12 vitamin c

Vitamin C is needed to support the immune system. Its antioxidant properties makes it a key vitamin that promotes radiant skin.

The best sources of Vitamin C are blueberries, blackcurrants, broccoli, kiwi, orange, strawberries, papaya & guava fruits.

Make a fresh berry smoothie and save some for a facial mask! Smash up fruit & mix with yoghurt, or honey. Make thicker with oatmeal, bean flour.

Consume two serves of fruit a day 150g

no.13 leafy greens

Green leafy vegetables like broccoli, spinach, and brussel sprouts are rich in beta-carotene, a powerful antioxidant known for its ability to renew and repair the skin.

It's also the richest source of Vitamin K that can help to lesson dark under eye circles.

Vitamin C found in green leafy vegetables helps the body to produce collagen, a key factor in maintaining healthy clear skin and healthy hair.

Recommend 5 serves of veggies per day 75g



no.14 olive oil

Consuming 2 teaspoons of olive oil a day can instantly help to reduce the signs of aging.

Approximately 75% of the fat in olive oil is monounsaturated fatty acids that are ideal for achieving a more youthful complexion.

Antioxidant polyphenols in olive oil can also help to protect skin damaging free radicals.

Olive Oil is ideal to help protect the skin from stretchmarks during pregnancy, to nourish & repair dry rough patches & brittle hair.

no.15 tomatoes

Tomatoes contain an antioxidant called lycopene that is released from the tomato when heated. This cancer-fighting antioxidant boosts your skin and improves your skin's natural SPF.

Lycopene helps to eliminate skin-aging free radicals that are caused by ultraviolet rays.

Tomatoes are naturally acidic helping to balance the skin's sebum and get rid of excessive oil.

Tomatoes have cooling and astringent properties, place slices of tomato on sunburn.

