



fountain of youth

DRINK TO YOUR SKIN'S GOOD HEALTH WITH
THESE BEAUTIFYING BEVERAGES

Drinking plenty of water is essential for healthy skin, but beverages packed with added nutrients—many that help counter free radicals, a major contributor to the common signs of aging—are gaining popularity. “Beverages high in skin-enhancing antioxidants can help repair and keep skin healthy,” says Debra B. Luftman, MD, a Beverly Hills-based dermatologist and coauthor of *The Beauty Prescription*. “They’re an easy way to get those nutrients you need to take care of your skin.” Include one of these beauty-full waters in your daily routine for a great complexion.



GLOW GETTER

Glowelle 30-day Powder Stick Pack Kit promises radiant skin using botanical and fruit extracts, vitamin C, lycopene and beta carotene. Each chic, individually wrapped mix comes in a box of pomegranate lychee or raspberry jasmine flavor. \$112 | glowelle.com

tip:

Keep it simple. Add Works with Water Help: Clear Skin to any noncarbonated drink without introducing extra color or flavor. Made with praventin, an acne-fighting protein, this food supplement powder has been proven to clear up skin in eight weeks. \$83 for 70 sachets | workswithwater.co.uk



CRYSTAL CLEAR

A pomegranate-based drink mix, Borba Clarifying Skin Balance Aqua-less Crystalline, which also contains vitamins A, B and E, flaxseed, zinc and niacinamide, protects skin from damaging free radicals and helps it regenerate its natural support—improving clarity along the way. \$28 for 14 packettes | borba.com

RESTORING MIXER

SnapDragon Beauty Beverage has a tropical taste that will make you feel like you're on a Caribbean vacation. Packed with vitamins, calcium, green tea and other beneficial ingredients, it's great as your morning juice or in an afternoon smoothie. \$23 for 2 | votrevu.com

PRETTY FRUITY

If xanthonenes and flavonoids found in mangosteen, the main ingredient in XanGo Juice, can produce such an attractive flowering food, imagine what they can do for your face. This tangy-sweet nectar's powerful phytonutrients nourish skin, helping to promote a healthy glow. \$37.50 | xango.com

—Ivette Manners

PURE REPLENISHER

Health experts acknowledge coconut water for its anti-aging and hydrating properties. "It's rich in potassium and electrolytes that's needed for normal cellular function," says Luftman. Health nuts especially will love Zico Coconut Water for being 100 percent natural and organic. Starting at \$1.99 each | zico.com

