

# Flawless Skin Straight from the Kitchen

## Scott-Vincent Borba

Celebrity Esthetician • Nutraceutical Expert • Author



*"Scott-Vincent Borba's philosophy about treating your inner-health as much as your outer-health is paramount to healthy living."*

— Paula Abdul

*"Scott-Vincent Borba is so inspirational. I am very impressed with him!"*

— Mila Kunis

*"I absolutely love Scott-Vincent Borba!"*

— Nancy O'Dell

**I**n his newbook, "Cooking Your Way to Gorgeous: Skin-Friendly Superboos, Age-Reversing Recipes, and Fabulous Homemade Facials" — Celebrity Esthetician, Nutraceutical Expert and Author, Scott-Vincent Borba offers life-saving tips on how to keep skin gorgeous from the inside-out. A pioneer in the nutraceutical field and ongoing beauty expert for multiple syndicated mediums including Extra!, QVC, E! News, The Rachael Ray Show, Good Day LA and others, as a teen, Scott suffered terrible cystic acne, rosacea, and was overweight. Despite his insecurities, he forged a successful career as a product development and marketing specialist in the health and beauty industry and discovered how nutraceuticals could heal the body as well as the skin. With the help of product specialists, his research combines topical ingredients with ingestible ingredients to achieve radiant health and skin. Today, his BORBA line of products helps top models, actors and people like you achieve flawless, glowing, and healthier skin.

### Scott's Secret Tips for a Radiant Complexion From the Inside-Out

Whether you're battling wrinkles or age spots, problem acne or sensitive skin, clogged pores or cellulite... dig deep into your pantry to find your best solutions and a unique skincare solution that will lead you to healthy, glowing skin. An effective skincare regimen requires diet and exercise. Working these efforts in tandem achieves optimum skin health. My products are both topical and edible and designed to provide the body with nutrients that support healthy, beautiful skin and overall wellness. When you eat nourishing foods, and then apply products with the same key nutrients, you boost the ingredients power and see results twice as fast! I rely heavily on "super fruits" and was the first to tout the benefits of Acai. Other skin health essentials are Lychee, Camu, Grape-seed, Flaxseed and Red Palm Oil. Turning heads is as simple as turning on your oven, blender, or stove top. Almond-Oat Shortcakes with Strawberries; Vanilla-Pumpkin Pudding; Sinful Skin-ful Nachos; Berry Blast Pizza... Skincare never tasted so good!

**Embrace Exfoliation:** Exfoliation is the key to stimulating cellular turnover and smoothing skin texture. To create a natural face scrub, head to the fridge and pick up some greens. Take a handful of kale and mince it finely. Mix in a bowl with mint extract and plain gelatin or pectin. Kale will gently slough off the dull, dead skin, while the mint opens the pores and pectin helps the mixture to adhere. Skin will be left smooth and radiant!

**Green Machine:** Greens don't have to be limited to a salad. I have a recipe for crunchy, cheesy kale chips that are zesty and low fat. This antioxidant-enriched snack is a fun, tasty alternative to traditional chips and all ages love them.

### RECIPE

- 1 Large bunch kale, cleaned and dried with tough stems removed; leaves torn to palm sized pieces.
- 1/3 cup extra-virgin olive oil.
- 1/2 cup finely grated Parmesan cheese.

Preheat oven to 450° F. In a large bowl, use hands to mix kale and oil until leaves are coated. Spread kale evenly in one layer on a cookie sheet, sprinkle with cheese. Bake 15 minutes or until crisp. Enjoy immediately!

*"What I particularly love about beauty is that it sits between science and fashion, and draws inspiration from both. You get the rigor and structure of one combined with the glamour and promise of the other. For me, that's the most intriguing and exciting thing in the world."*

Founder/CEO Scott Vincent Borba has a reputation as a prescient thinker and beauty business visionary. In developing first-of-her-kind beauty products for his company, he treats skin both from the inside and out, and has changed the way people think about skin care. His visionary thinking keeps him front row in his multi-faceted beauty industry career. Scott's decade-long experience has produced an impressive track record of success with innovative concepts that are recognized across many industries. The Scott-Vincent Borba System is a line of synergistic beauty-ceuticals, nutraceuticals and topicals that address specific skin needs and complexion health. Scott's products, supplements, and waters are sold in 300 luxury stores throughout the country; 1,000 nutritional stores; Walgreens; and HSN. His groundbreaking skin care expertise is found in People, US Weekly, OK!, Cosmopolitan, Bie, InStyle, Prevention, the New York Times, and The Wall Street Journal. Visit: [www.scottvincentborba.com](http://www.scottvincentborba.com) 

*"Your face is who you are and what people see first; it's what they remember most about you. In the quest for a radiant, lit-from-within-glow, skin is overwhelmed with endless creams and serums. However, what we put in our body is an integral part of skin health and maintenance. What we ingest, use on our skin and the ingredients in our products must work in synergy for optimum results."*