

HEALTH & BEAUTY

HOW TO DO A VITAMIN ROUTINE

New ingestible beauty products are making us rethink our bathroom cabinet and nightstand regimen as we look closer at how our bodies react to what we eat. Concept: beauty from the inside out. Skin-plumping collagen pills, stimulating hair growth supplement aids, portable dietary premixes... all offer possibilities. These products help maintain a youthful appearance.



Hair, Nails, Skin...

B-Complex vitamins; B-6, thiamine, riboflavin, niacin, biotin, pantothenic acid, B-12 and folate are key in maintaining healthy hair, skin, nails and support energy. Biotin is necessary for cell growth, metabolizing fats and amino acids for vibrant skin. Light Complete B-Complex. \$19.99 for 90 tablets
RainbowLight.com

Age-Defying Rejuvenation...

Wrinkling, sagging, thinning, dry skin are signs of aging and the result of a diminished collagen level in the body. Sustain collagen levels and re-build skin cells by adding collagen-based products like NeoCell's Collagen Beauty Builder to your daily routine. This nutrient rich formulation provides potent building essentials for radiant skin, thicker hair and stronger nails. \$19.99 for 150 tablets
VitaminShope.com



Hydrated, Soft Skin...

Hyaluronic Acid is a water-loving nutrient that hydrates the body promoting cell turnover and skin elasticity. Known as Nature's Moisturizer for an ability to hold 1000 times its weight, add it to your daily routine to improve conditions such as dandruff, eczema, psoriasis, dry, scaly skin. NeoCell Hyaluronic Acid, \$27.99 for 60 capsules. GNC.com

Treat Acne Prone Skin...

Vitamin A and C helps clear acne and improves skin health from the inside out. Janeiredale Skin Accumax™ combines vitamins A and C with a highly-active phytonutrient found in broccoli, Brussels sprouts, kale and cabbage. Skin Accumax™ helps clear acne breakouts as early as 10-12 weeks when capsules are used as suggested. \$65.80 for 60 capsules.
janeiredale.com.



YESTo is a global leader in natural skin and hair care, with awesome products made with fruits, veggies, and a smile! Formulations are over 95% natural. Seven collections include products for face, body, hair, lips, and babies! Create your own natural 'recipe' that works for you and at the same time YESTo gives back by providing 50,000 meals to kids around the globe. Products available at www.yestocarrots.com, Target and literally every drugstore on earth including 30,000 locations internationally.

Tomatoes Detoxifying Charcoal Mud Mask \$15.99 Blueberries Foaming Facial Cleanser \$9.99 Tomatoes Acne Clearing Facial Toner \$9.99 Cucumbers Colling Hydrating Mist \$10.99



Grapefruit Pore Perfection Night Treatment \$15.99



Grapefruit Pore Perfection Brightening Peel \$15.99



Tomatoes Detoxifying Charcoal Cleanser \$9.99



Grapefruit Pore Perfection Paper Mask \$15.99



Ultra HD Fluid Foundation \$43



Ultra HD Stick Foundation \$43

MAKE UP FOR EVER was created by make up color expert and inventor Dany Sanz and is distributed world wide. The company has created a reputation for excellence putting product quality and innovation and customer satisfaction first. Product line includes liquid and stick foundation, bronzer, eye shadow, eyeliner, lip gloss, lipstick, lip liners, blush, mascara, luminizers, concealers, make up brushes, and numerous other beauty essentials.

Available in Sephora stores or www.makeupforever.com