

BEAUTY BOOSTERS

8 FOODS FOR GLOWING SKIN

Eat your way to a clear complexion and let your health shine from the inside out

BROCCOLI

Go green and fast-track your way to soft skin. Made up of 90 percent water, this green machine works to hydrate from the inside out. Plus it's rich in Vitamin C and E, keeping your skin youthful and plumped.

TURMERIC

This year's wonder spice has once again prevailed. Swap your morning coffee for a turmeric latte (trust us – it tastes better than you think) and watch its anti-inflammatory properties get to work on irritated skin, spots and redness.

NUTS

Just a daily handful of almonds, walnuts and brazil nuts is a great source of much-needed omega-3, vitamin E and selenium for a bright, clear and youthful-looking complexion. They're also full of skin superhero zinc, which fights off the bad bacteria that can lead to blemishes.

BERRIES

Load up on blueberries, strawberries and blackberries for their skin-boosting antioxidants which protect from free radicals that come from modern day pollution and sun exposure.

AVOCADO

Not only do they make an Instagram-worthy brunch, these little guys are bursting full of collagen-inducing Vitamin E and good fats that help to nourish, moisturise and hydrate your skin. It's just an added bonus that they taste rather good spread on toast.

COCONUT OIL

Of the many (many!) uses for coconut oil, adding a spoonful into your coffee/salad/smoothie is one of the best things you can do for healthy skin, as its antioxidant effect can help to heal and repair any irritations. It also doubles up as a natural moisturiser! Not just a one trick pony, eh?

GETTY IMAGES

KOMBUCHA

Ever heard of the saying 'go with your gut'? Well, this applies for your skin health too. If your body isn't digesting food properly, you won't be properly absorbing all of the nutrients. Fermented food and drinks, including kombucha (a type of fermented tea) are rich in good bacteria that heals your insides, and shines through on the outside!

DARK CHOCOLATE

We've always known that chocolate has some kind of magical power, but did you know that raw cocoa is an actual superfood? This magnesium-rich wonder acts as a calming agent for skin irritation, and the high level of vitamins and antioxidants help you look younger – just make sure the cocoa content is over 70 percent to reap the benefits. We don't need to be told twice... 