

5



Best Juices for Glowing Skin

Presented by Deborah Ferrari



Carrot Juice

A rich source of vitamin A, it acts as a natural antioxidant that fights against the free radicals in our body consequently slowing down the aging process.

Deborah Ferrari



Tomato Juice

Tomato juice is packed with antioxidants which is the secret to remaining youthful. Its other benefits involve ridding tanning, shrinking large pores to reduce sebum secretion in oily skin, preventing and treating acne as well as skin discoloration.

Deborah Ferrari



Lemon Juice

Drinking a glass of lime or lemon juice in the morning is known to work its magic in detoxifying the body and cleansing it inside out. Also packed with Vitamin C, it aids in the build up of collagen in our skin which is responsible for maintaining the skin's youthfulness.

Deborah Ferrari



Orange Juice

Like Lemons, oranges are also rich in Vitamin C which serves to rid the body of toxins resulting in an improved skin texture and clear complexion. Drinking a glass of orange juice on a regular basis will also keep other skin ailments at bay.

Deborah Ferrari



Cucumber Juice

The high water content in cucumber ensures that your body is flushed of all toxins and the skin remains hydrated. It is an excellent health drink which if had daily, can really bring about a glowing and flawless complexion.

Deborah Ferrari

Thank You



Deborah Ferrari