

Anti-Ageing Superfoods

By Joanna Kite

We spend time and money investing in beauty products to enhance our appearance, but we often forget that our diet also plays a vital part in how we look. Eating a healthy diet is important for health and weight, but involving certain foods in your daily eating regime can have great benefits for your looks, and give you a healthy glow that comes from within.

Eat your way to clear skin, strong nails and glossy hair...

Quinoa

Available from health food stores, the grain is cooked in a similar way to rice and is rich in good natural fats. It is also the best non-meat source of protein, which keeps skin looking young and healthy by kick-starting the production of collagen.

Anchovies

High in Omega-3, anchovies and other oily fish (such as mackerel, salmon and tuna) are excellent fish to eat to nourish your skin.

Blueberries

The blue colour in blueberries is Anthocyanin, which keeps Collagen strong, making blueberries a fantastic Anti-Ageing food.

Soya

Drinking soya in place of your regular dairy milk helps to gently increase levels of Oestrogen which helps skin keep its glow.

Uncooked brightly coloured vegetables

These are full of Anti-Oxidants which, amongst other important functions, play a major role in destroying free radicals. Free radicals attack skin collagen which keeps skin plump and elastic.

Dried Fruit (e.g. prunes)

Drying concentrates the skin-protective Anti-Oxidants in fruit – giving you more collagen boosting power to fight wrinkles!

Seaweed

A good source of Iodine, essential for skin repair. Add to salads, stocks and soups to get your fix.

Nuts

Packed with protein and minerals like Selenium, Zinc and Magnesium, nuts provide essential nutrients that women can lack in their diets. They also contain Anti-Oxidants, Vitamin E and Zinc. Lack of Zinc can lead to ugly stretch marks, stubborn blemishes, white spots on fingernails and dandruff.



recommended products:



Elemis Papaya Enzyme Peel

A rinse-off exfoliating cream, rich in fruit enzymes, that smooths, conditions, and repairs deep down.

Skin: All, Mature



Elemis Pro-Collagen Marine Cream 50ml

Our bestseller! Elemis Pro-Collagen Marine Cream is clinically proven to reduce the appearance of wrinkle depth by up to 78% and increase hydration and moisture levels by up to 45%.*

Seeds

Just a small amount of seeds provides essential Omega 3 fatty acids to help maintain healthy cells and skin. All seeds are nutritional powerhouses. Sesame seeds are high in Calcium required for strong bones and teeth, while sunflower seeds are also an important source of Vitamin E. Vitamin E is an important Anti-Oxidant vitamin essential for healthy skin.

Keep your brain happy!

Western 21st Century diet is low in Omega-3, which is bad news for our brains! Countries that eat a diet rich in Omega-3 (such as Japan and Taiwan) report the lowest rates of depression and Bi-Polar disorder. Keeping your brain happier means you have a higher level of endorphins in your system, which Noella Gabriel, Director of Treatment and Product Development at Elemis, explains help "reduce tightness and help soften and relax the face to portray a happier and more youthful you". So eat nuts, seeds and oily fish to keep your brain healthy and your face smiling – the best beauty trick for everyone!

recommended products:



Elemis Skin Brush

Elemis Skin Brush helps reduce the appearance of cellulite by improving circulation and softening the skin.



Elemis Tea Tree S.O.S. Spray

Elemis Tea Tree S.O.S Spray is the ideal travel companion and a powerful solution for insect bites, problem skin and to refresh tired, aching feet.