



What you put on your
skin is only *half the story...*

WE ARE SO GLAD YOU SIGNED UP FOR OUR FREE GUIDE
ON THE 6 KEY NUTRIENTS FOR BEAUTIFUL SKIN!

*We LOVE looking after skin from the inside out and hope that this guide will help you towards a
journey of wellbeing and luminous skin from within!*

The skin needs a wide range of nutrients in order to thrive, heal and resist premature ageing. Dull, sensitive or congested skin can be an indication that your body is not getting enough of the nutrients it needs for health, or that poor diet is actively working against a clear, glowing complexion.



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:6 KEY NUTRIENTS for BEAUTIFUL SKIN

And how to get them every day!

1. WATER

Preferably filtered water! We all know how important it is to keep hydrated and when it comes to the health and function of the skin water is a vital nutrient as it hydrates the deeper layers of the skin, adequate water levels are crucial in maintaining moisture and flexibility in these layers. Enzymes naturally found within the upper layers of the skin are also reliant on water. If water levels become low, enzyme activity is inhibited and the skin begins to suffer. Water also flushes waste and toxins out of the body which helps to keep your complexion clear from blemishes. We also need water to allow nutrients to make their way to those important layers of the skin. Drink Six to eight glasses of water every day for optimum health.

We have a couple of other recommendations to help increase water intake:

Lemon water on rising in the morning: squeeze half a lemon into warm water, this not only kick starts your digestion but also helps your liver eliminate toxins, which helps keep skin clearer and smoother. Lemons also deliver the key nutrient Vitamin C to the skin - a vital nutrient for our collagen production.

Bestow Beauty Tea: These are organic, fair trade, specifically blended teas which deliver huge anti-oxidant properties to the body and skin.

4. VITAMIN A

Vitamin A aids in the growth, maintenance and repair of your skin, keeping it strong and supple, helps cells reproduce normally, promotes healing, helps prevent infection. Vitamin A is another anti-aging nutrient promoting strong, resilient skin. Foods containing Vitamin A are "humidifiers" to the skin, internally they help to keep skin moist. Vitamin A is easily obtained from our diets so does not need to be supplemented.

Food sources of Vitamin A:

Orange vegetables (sweet potato, carrots, pumpkin), orange fruit (mangoes, melons, apricots, peaches) dark leafy greens, broccoli and eggs

2. VITAMIN C

Vitamin C is an amazing anti-oxidant for the skin. It is an essential nutrient required for a healthy functioning skin as it plays an important role in anti-aging. Our skin is dependent on adequate levels of Vitamin C in order to form quality collagen (our anti-wrinkle fibres). Deficiency will lead to an increase in fine lines and visible wrinkles. Natural sources are better than supplementation because the associated nutrients found in food assists in the functions of Vitamin C.

Vitamin C Food Heroes are:

Most fruit and vegetables, cherries, berry fruits, citrus fruits, blackcurrants, currants, kiwifruit, pineapple, parsley, capsicum, spinach, tomatoes, broccoli, fresh herbs, garlic, avocado

Recommended Vitamin C Skin Nutrition Booster: Bestow Berry Beautiful Powder - A super anti-oxidant powder containing berry and fruit powders to help protect skin from the aging affects of free radicals.

5. B COMPLEX - (B VITAMINS)

B-Complex Vitamins play a crucial role in skin health because our body cannot utilize EFA's without them. B Vitamins ensure that the fine oil, or sebum, produced by the sebaceous glands can get out onto the skin's surface where it acts as a protective film. B-vitamins also help to thin the sebum which in turn helps to keep skin clear from blockages and congestion. B Vitamins also help with mood stabilisation, stress resilience and energy support.

Often B Vitamins need to be supplemented as there are factors that can deplete B Vitamins and one of these is stress, and with our busy lifestyles it is a good idea to supplement so you have great energy levels and also to enable the body to utilise EFA's.

Food Sources of B Complex - B Vitamins

Liver, meat, legumes, brewers Yeast (great added to smoothies), nuts, seeds, whole grains, leafy greens, milk, yoghurt.

We have some recommendations for Supplementing B-Vitamins: The Bestow Beauty Powder which is a green powder, loaded with 8 superfoods formulated to support skin health, this is great added to smoothies or mixed in yogurt, and is easily absorbed by the body, or Beauty From Beneath Capsules is an alternative to the Beauty Powder in capsule form.

The other option is Janesce B Complex, this is recommended when there is a skin disorder where there is a need for a higher dose of B Vitamins to begin with.

3. ESSENTIAL FATTY ACIDS - (EFA's)

EFA deficiency is one of the most common causes of skin problems. A deficiency can present as either oily or dry skin and will contribute to premature aging. EFA's moisturise your skin from within by nourishing skin cells in the deepest layer of the skin. As this cell progresses to the upper layers of the skin it releases its beautiful oils, creating plump, supple, smooth, glowing skin. EFA's also help prevent skin congestion and break outs.

Specifically Omega 6 for a healthy functioning skin barrier, they are anti-inflammatory and very healing on the skin's surface, prevents dehydration and buffers the skin from the environment.

Recommended "EFA" Skin Nutrition Boosters

EFA's are called "essential" as we need them in our daily diet, they are not stored or made in the body. The modern diet does not contain large amounts of EFA's therefore we recommend supplementing with the organic range of Bestow Beauty Oils these have been specifically formulated for skin health and can be added to smoothies, yoghurt, dressings, or drizzled on food.

Other food sources of EFA's: Oily fish, nuts (almonds and walnuts), grains, seeds, cold pressed oils such as Flax Oil and Safflower Oil

6. ZINC

Zinc is hailed the beauty mineral for many reasons. Even the slightest deficiency can result in wrinkles and a tendency to get stretch marks and is an essential nutrient for wound healing. It is vital for the production of new skin cells, the production of collagen (our anti-wrinkle fibre) and for the maintenance of elasticity in your skin. Zinc is also a very important mineral for treating acne as it helps stabilise oil glands. The body needs Zinc for Vitamin A to be utilised and works well with EFA's to clear pustules and congestion. This nutrient is one we are most commonly deficient in because it is lost during food processing, it is water soluble so can leach out during cooking, NZ soil is also lacking in Zinc and oral contraceptives deplete zinc levels.

Foods Rich in ZINC

Oysters, liver, beef, lamb, pork, chicken, eggs, salmon, tuna, pumpkin, sunflower seeds, almonds, oats, wholegrains and wheat-germ

Recommended Skin Nutrition Boosters:

Bestow Beauty Powder contains 8 super foods rich in nutrients to support skin health or Bestow Beauty From Beneath Capsules, an alternative to the Beauty Powder in capsule form. Janesce Zinc Supplement is recommended if there is a skin disorder present.



Antioxidant berry smoothie bowl

- 100ml of unsweetened liquid
(such as water, coconut water, almond milk or coconut milk)
- 1/2 cup of frozen boysenberries and some extra to serve
- 1 banana (frozen is best for a thicker smoothie)
- 1 tablespoon of unsweetened, dairy free coconut yogurt (optional)
- 1 tablespoon of Bestow Beauty Oil or Bestow Beauty Plus Oil (optional)
- 1 teaspoon of Bestow Berry Beautiful Powder (optional)
- 1 teaspoon of Bestow Beauty Powder (optional)
- 1 teaspoon of chia seeds
- 1/4 teaspoon brewers yeast
- 1 tablespoon of coconut threads (unsweetened)

Blend well, serve in a gorgeous bowl and top with extra berries, chia seeds, and coconut thread