

beauty

If you want glowing skin from the inside out, try these ingestible products

words LIBBY WILLIAMS photography WILL IRELAND

LUMITY DAY AND NIGHT NUTRITIONAL SUPPLEMENTS

Containing vitamins E and C, selenium, zinc, omega 3s and amino acids, this unique two-step formula works around the clock to keep skin, hair and nails healthy and nourished
£90 for a four week supply
lumitylife.co.uk

THE NUE CO SKIN FOOD + PREBIOTIC

Rich with beta-carotene and vitamin C, this easy-to-digest organic supplement works to rejuvenate skin with its anti-inflammatory and cell-renewing properties
£55 for 100g
thenueco.com

FOUNTAIN THE HAIR MOLECULE

Two teaspoons of this potent formula, containing biotin and silicon, is enough to protect, strengthen and thicken hair for bouncy, glossy and enviable locks
£35 for 240ml
fountain.co

LYMA MONTHLY STARTER KIT

Packed with seven super-ingredients and encased in a bronze capsule, this beautiful supplement boosts energy, supports immunity and contains the most soluble keratin in the world
£199 for a 30-day supply, lyma.life

KIKI HEALTH 5% CBD OIL

One or two drops of this under the tongue can delay the signs of ageing, hydrates the body, reduces anxiety and relieves nausea, pain and inflammation
£40 for 10ml, kiki-health.com

WELLECO SUPER ELIXIR GREENS

Working to counteract acidity in the body, this potent super greens powder, containing 45 premium whole food ingredients, helps boost immunity and brighten skin. It's also delicious in a smoothie
£96 for 300g, welleco.co.uk

