



Pila's Skin Loving Shopping List

And more!



heaven on earth

A HIGH ALTITUDE DAY SPA



Fruits and Vegetables High in Antioxidants and Vitamins

IMPORTANT...

Please, don't put these fruits and veggies on your face. Instagram and Google may be full of recipes for do-it-yourself masks. But, food belongs in your tummy, not on your face. The molecule is generally too large to do any good and will most likely end up irritating your skin, not helping it.



Pila's Shopping List

Avocados~

Have skin healing and protective properties. They contain vitamins C and E as well as monounsaturated fat (healthy fat that keeps our skin plump and moisturized).

Pila's Tip: Having a hard time finding the perfect avocado for your avocado toast? I use guacamole! And I even use a sweet potato for the toast.

Lemons~

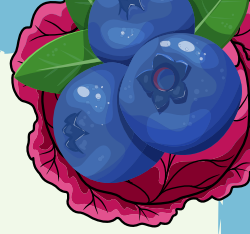
When life gives you lemons, take them as they are rich in Vitamin C, a primary antioxidant that helps protect cells from damaging free radicals. Lemons are supplemented with antibacterial properties, which is fantastic at purging the skin of toxins and blemishes. Overall, lemons can bring a much-needed glow to your complexion, by rejuvenating the skin from within!

Pila's Tip: Not a huge lemon fan? Don't worry you can use a lime instead and still get all the benefits.

Broccoli Sprouts~

Are anti-inflammatory and an anti-aging powerhouse vegetable! They are packed with vitamins C, K, Zinc and contains lutein that helps protect your skin from free radical damage, which can cause premature aging.





Blueberries~

Are rich in vitamins A, C, and age-defying antioxidants. Together, these may support your skin's ability to fight inflammation and premature aging.

Red Cabbage~

It's abundance in antioxidants helps to reduce the signs of aging by improving your skin tone, softening the skin, to keeping it flexible while decreasing wrinkles and age spots.

Pila's Tip: Did you know that cabbage creates gas? In order to tame the tooting – let it rest for 20-minutes after slicing.

Watercress~

What the heck does this green leafy vegetable have to offer? It is packed with vitamins A and C and acts as an internal skin antiseptic. It also contains Isothiocyanate (ITC) that can help prevent the breakdown of collagen and elastin.

Pila's Tip: Wondering how to use watercress – the unsung hero, try adding it to your avocado toast or any salad.

Some other fruits and vegetable high in antioxidants and vitamins

Kale

Oranges

Spinach

Pumpkin

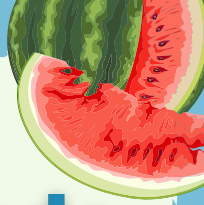
Pomegranate seeds





Top Hydrating Foods For Younger Looking Skin

In **addition** to antioxidants and vitamins, it's also essential to incorporate hydrating foods into your daily diet since drinking water **just isn't** enough. According to the CDC, daily fluid intake is defined as the amount of water consumed from fruits and vegetables, drinking water, and other beverages, *not just water* – **yay!**



10 Water Rich Foods

Watermelon~

Not only does this fruit hydrate as it is 92% water, but it helps to flush the body of toxins! And let's not forget about the antioxidants that can help to fight free radicals.

Strawberries~

This tasty, juicy fruit is bursting in vitamin C, folate, and powerful antioxidants that prevent collagen destruction—one of the significant causes of wrinkle formation.

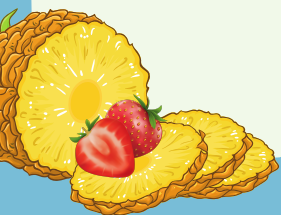
Pineapple~

A tropical escape with this deliciously sweet fruit that contains 87% water. It also contains bromelain, which helps minimize and heal bruises faster.

Chia Seeds~

Contain omega-3 fatty acid and omega-6 fatty acids. Omega-3 fatty acids are considered the building blocks of healthy skin cells. These little seeds also help with hydration due to their ability to absorb up to 9-10 times their weight in water.

***Pila's Tip:** Add up to a tablespoon of bloomed chia seeds to your lemon or lime water for my version of Agua Fresca.*





Some Other Hydrating Fruits and Vegetables

Celery

Radishes

Tomatoes

Grapefruit

Cucumbers

Bell Peppers

