

# goop

## The Beauty Detox Guide

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### INNER BEAUTY

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Even a major diet overhaul doesn't always provide all of the vitamins and minerals we need—below, a few of our favorite ingestibles (with an eye toward beauty) that give an extra boost to hair, nails, skin, and more. Plus, one all-star topical that goes well beyond skin-deep beauty, and our favorite essential oil diffuser.



#### THE ORIGINAL CHROME SHOWER HEAD

goop, \$275

*Regular showerheads can harbor dangerous molds and other toxins; this one snaps open after you use it, so it dries quickly (and, if need be, is simple to clean).*