

## Get Your Daily Dose of Veggies... With Your Skin Care Products

So, you've become a green juice devotee... but has your skin care routine followed suit? It might be time for an update: A number of buzz-worthy brands are ahead of the curve with serums, exfoliators, creams, face mask, and makeup wipes that are packed with greens, ranging from actual vegetables like cucumbers and beets to algae and seaweed. Turns out, these good-for-you ingredients are just as beneficial for your complexion, with benefits that range from boosting your glow to soothing redness. Want to add some of these [health-conscious skin care products](#) to your routine? Keep on reading to check out some of our top picks.



### Shiffa Sweetness Body Polish, \$84

If your [dry winter skin](#) is getting you down (same), try this coconut and grapefruit-infused body polish by Shiffa. In addition to exfoliating, it also softens the skin and reduces cellulite by improving blood circulation. An added bonus: It [smells like a tropical vacation](#) (aka a poolside cocktail).



### Shiffa Basil & Mint Body Scrub, \$91

If you need something stronger to get the job done, consider the brand's salt scrub instead. This purifying body scrub is loaded with basil, mint, and rosemary for herbal fragrance and added benefits, which increase blood flow and wake up the skin (and the rest of your body). Because it's made with Dead Sea salt rather than brown sugar, the scrub is more intense and allows other products (think: moisturizers and serums) to go deeper into the skin.

