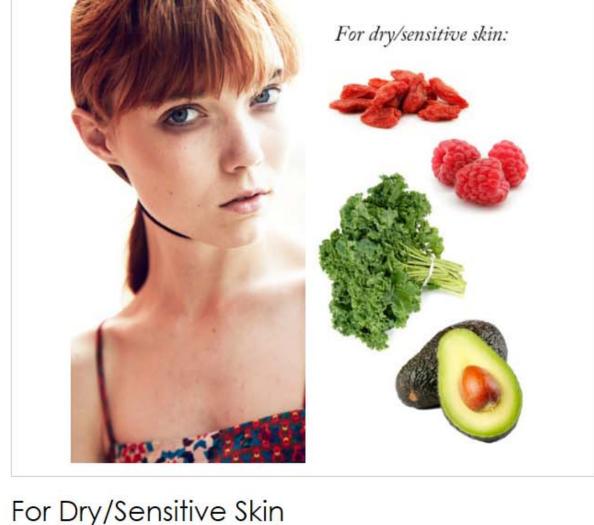
## THE FOODS YOU SHOULD BE EATING FOR YOUR SKIN TYPE

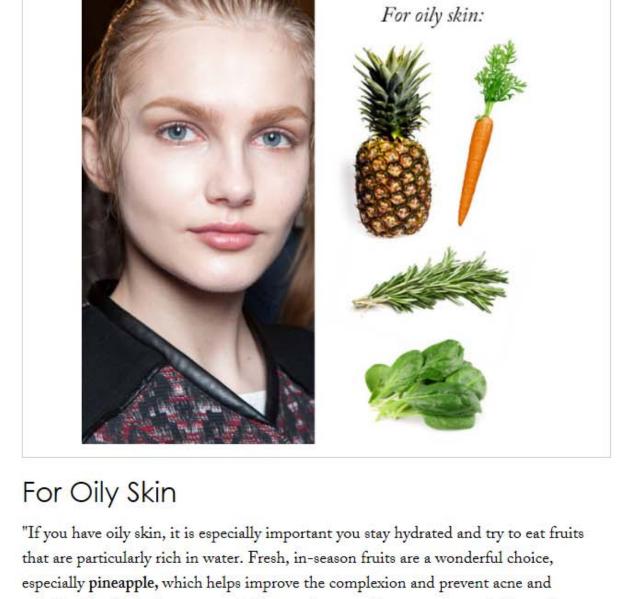
Though we love makeup and skincare as much as the next girl, we know beauty truly starts from the inside. No matter how diligently you select your products, you'd be remiss to not also consider how you're nourishing the body via diet, which directly affects the appearance of your skin. We tapped holistic celebrity facialist Susan Ciminelli to outline exactly what foods you should be eating based on your skin type (consider this a cheat sheet for your next grocery store trip). As a general rule of thumb everything you ingest should be organic, natural and fresh-also, try to avoid processed foods when possible as they are more difficult for the body to digest. Additionally, limiting your intake of alcohol and coffee improves skin's texture and clarity (in excess, the two can lead to cell damage, dehydration, increased blood pressure and clogging of the liver, which results in acne). Swap out your daily caffeine fix for a green tea and strive to eat skin-healthy foods. Here, take note of Susan's tips for what to eat to make your complexion—and tummy—happy.

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## "Avocados are great for people with sensitive skin as they are loaded with Omega-9 fatty acids, known to reduce redness and irritation levels in your complexion. Stock up

on berries: Raspberries are loaded with antioxidants and vitamins, while goji berries help to fight off free radicals in the body. Vegetables are an essential part of everyone's diet and should be eaten on a regular basis, especially for those with dry skin. Kale is especially great for helping to maintain the skin's elasticity. Steer clear of wheat, dairy, sugar and processed foods, as they can easily inflame skin." Photo: Courtesy of Ellery

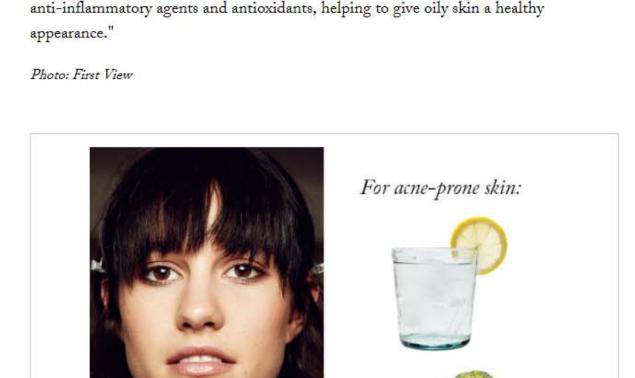


wrinkles. Leafy, dark green vegetables are also great for preventing wrinkles and are very

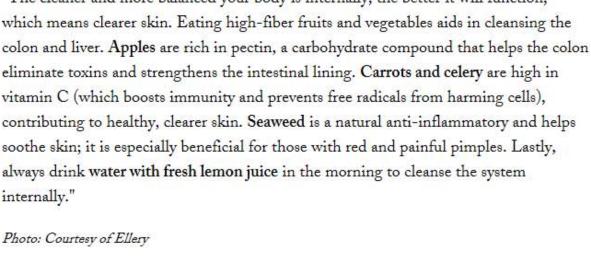
high in antioxidants. Carrots are good for the skin's appearance, contributing to a

herbs—especially rosemary, ginger, basil, thyme and oregano—contain high levels of

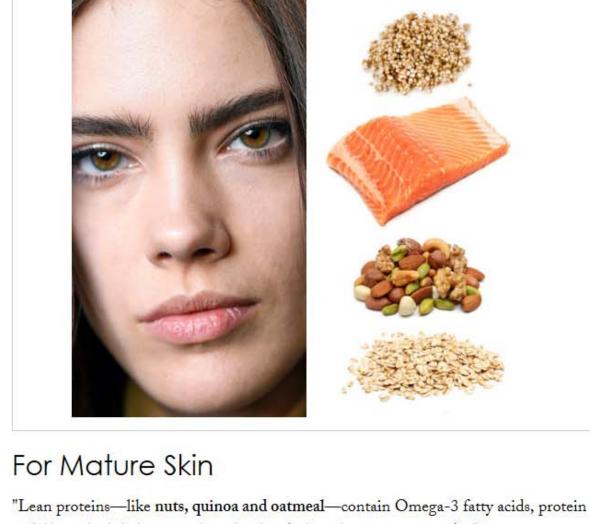
## beautiful glow (dewy, not oily). Carrots also help to prevent various skin problems due to the large amounts of vitamin A and antioxidants they contain. Fresh







For mature skin:



and fiber which help strengthen the skin (it loses bounce as we age). Quinoa contains lysine, a nutrient that helps to repair skin and heal damaged tissue. Nuts and seeds are great for aiding in collagen production. Additionally, fish is extremely lean, healthy and great for any diet: It positively impacts the skin if eaten regularly. The Omega-3 fatty acids in salmon dramatically helps with inflammation and signs of aging on the body."

Photo: First View









