

ANNETTE DUKE

ReInventing50s

Skin Elixir

DRINKS FOR
RADIANT
HEALTH

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Hello!

Welcome to your guide to creating skin elixir drinks that not only taste delightful but also provide your skin with a range of benefits that help it glow from the inside out. Proper hydration is key to healthy skin, and when combined with the right nutrients, you can enhance your skin's appearance naturally. These drinks are packed with antioxidants, vitamins, and minerals that support skin health.

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Why Drink Skin Elixirs?

Skin elixirs are more than just refreshing beverages; they are nutrient-packed solutions that help combat the effects of free radicals, hydrate the skin, and boost collagen production.

Ingredients like lemon, pomegranate, and rosewater are known for their skin-enhancing properties. For example, lemons are high in vitamin C, which is crucial for collagen synthesis, while pomegranates contain antioxidants that reduce skin inflammation and collagen breakdown.

Recipes for Radiant Skin

1. Lemon-Rose Refreshment

Ingredients:

- 16 oz of water
- 1 full lemon (with skin and seeds)
- A dash of rosewater
- A pinch of salt
- Pomegranate seeds for garnish

Instructions:

1. Place a complete whole lemon in a blender
2. Combine with 16oz of cold water
3. Add a dash of rosewater and a pinch of salt.
4. Blend the mixture on high for 3 minutes or until frothy and combined
5. Serve over ice and garnish with a few pomegranate seeds for a burst of color and extra antioxidants.

This drink is a powerhouse for hydration and skin brightening. Rosewater soothes and tones the skin, while the lemon provides a vitamin C boost.





2. Cucumber Mint Cooler

Ingredients:

- 15 oz of sparkling water
- 5 slices of fresh cucumber
- 10 fresh mint leaves
- 1 tbsp of honey (optional for sweetness)

Instructions:

1. Muddle the cucumber slices and mint leaves together in a glass.
2. Fill the glass with ice.
3. Pour over sparkling water.
4. Stir in honey if a sweeter taste is desired.
5. Serve immediately for a refreshing, skin-hydrating treat.

Cucumbers are rich in silica, which contributes to the strength and elasticity of collagen, while mint stimulates the digestive system to support skin health.

3. Berry Antioxidant Blast

Ingredients:

- 16 oz of green tea, cooled
- ½ cup of mixed berries (blueberries, strawberries, raspberries)
- 1 tbsp of chia seeds
- 1 tbsp of honey (optional)

Instructions:

1. Brew green tea and allow it to cool.
2. In a blender, combine the cooled green tea, mixed berries, and chia seeds.
3. Blend until smooth.
4. Sweeten with honey if desired.
5. Serve chilled for a refreshing, antioxidant-rich drink.

Berries are high in antioxidants that protect the skin from premature aging, while chia seeds provide omega-3 fatty acids that nourish the skin.





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Incorporating these skin elixir drinks into your daily routine can significantly impact your skin's health and appearance. Not only are they simple to make, but they also offer a delicious and natural way to boost your skin's radiance. Drink up and let your skin shine!

Thank you!

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