

Glowing Skin Juice

Ingredients

- 2 medium carrots (rich in beta-carotene for skin repair)
- 1 medium cucumber (hydration + silica for skin elasticity)
- 1 orange, peeled (Vitamin C for collagen production)
- 1 small beetroot (antioxidants + iron for circulation)
- 1 slice fresh pineapple (enzymes that support digestion and skin clarity)
- ½ lemon, peeled (brightening, detoxifying)
- 1 small piece fresh ginger (anti-inflammatory, improves circulation)

Instructions

1. Wash all fruits and vegetables thoroughly.
2. Peel the orange, lemon, and beetroot.
3. Cut all ingredients into smaller pieces suitable for your juicer.
4. Run the carrots, cucumber, beetroot, pineapple, ginger, and citrus through a juicer.

5. Stir well and serve immediately for maximum nutrient absorption.

Benefits

- Carrots + Beets: High in beta-carotene and antioxidants that reduce oxidative stress and give skin a natural glow.
- Cucumber: Hydrates and contains silica to support collagen and elasticity.
- Citrus Fruits: Boost collagen synthesis with vitamin C.
- Pineapple: Contains bromelain, an enzyme that helps reduce skin inflammation.
- Ginger: Improves blood circulation, bringing nutrients to the skin.