

Tropical Skin Hydration Juice

Ingredients:

- 1 cup chopped papaya
- ½ orange (peeled)
- ½ cucumber
- ½ cup aloe vera juice
- 1 tbsp flaxseeds (optional, for omega-3)
- ½ cup water (if blending)

Instructions:

1. Peel and chop fruits and cucumber.
2. Blend everything until smooth.
3. Strain if needed. Serve chilled.

Benefits:

Hydrates from the inside out, reduces inflammation, and supports skin regeneration thanks to beta-carotene, enzymes, and vitamin A.