

- Aesthetics

Want flawless skin? Amp up your beauty diet

HT Cafe · 16 May 2022 · 00 · Dr Blossom Kochhar The author is a skin and beauty expert

Who doesn't want a glowing, hydrated and radiant skin? I am sure we all take so much pain to achieve the perfect skin. We follow skin care routines, invest in the best products available, search for DIYs to solve our issues, but you can apply the best products but if you don't eat right, you won't get the results you are working for.



Let us look at foods that can make our skin feel good: Tomatoes: The easiest and most common food available, tomatoes are rich in vitamin C, and are the best source for lycopene, an antiageing antioxidant that may also help prevent heart disease. But some research suggests that lycopene is more easily absorbed by your body when it's cooked, so go big on those comforting stews and soups. Dark chocolate: For those who have a sweet tooth, I am giving you another excuse to add chocolates to your diet, but it has to be dark chocolate. It is a rich source of polyphenols, which act as antioxidants. Additionally, it's thought that a diet rich in flavanols and antioxidants can help protect the skin from sun damage and help slow skin ageing.

Flax seeds: These seeds have a myriad of health benefits and improving your skin health is one of them. They are a great source of an omega-3 fatty acid and lignans, that keeps the skin hydrated and smooth. Cinnamon: This one is great for people with oily skin; adding cinnamon to your tea, coffee, smoothies or desserts can help stabilise blood sugar levels and can stimulate oil production, thus leading to clear skin. Chia seeds: It is one of the easiest foods to consume; you can add it to your smoothies or sprinkle on your favourite fruits. Chia seeds are the richest source of omega-3 fatty acids that provide building blocks for healthy skin cell function and collagen production to keep the skin foundation strong and wrinkle free. Ginger: If you look at the ingredients in your facial [packs], you will be surprised to find ginger. It is added because of its antioxidant and anti-inflammatory properties that have a soothing effect on the skin. No wonder people love to add ginger to their teas. Avocados: If wrinkles and pigmentation is bothering you, then add this ingredient to your diet. Its high content of monounsaturated fat may help promote healthy skin. Also, its high antioxidant content may fight free radicals.