- Health self-care

The inside story on glowing skin

The Jewish Chronicle · 21 Nov 2025 · 3 · BY JANIE RADIA AND DR NISHA RADIA Janie Radia Mpharm and Dr Nisha Radia BDS (Lond) are the founders of Radiance Medical Led Aesthetics, at Stanmore Wellness Clinic. For more tips on healthy skin and natural enhancement, follow Radiance on Instagram @radii

HEALTHY, GLOWING skin doesn't start in a bottle or syringe – it starts in your kitchen. What we eat, and the vitamins and nutrients we give our body, are the foundation for how our skin looks and feels. While modern facial aesthetic treatments can refine, rejuvenate and enhance features, true radiance always begins from within. When we pair balanced nutrition with expertly tailored aesthetic care, we create a synergy that brings out the best version of ourselves – natural, confident and glowing.



A MIRROR OF HEALTH

Our skin is the largest organ of the body and it reflects our inner health more than we often realise. When the body lacks essential nutrients, it shows up as dryness, dullness or uneven tone. Conversely, when we nourish it with the right balance of vitamins, minerals and antioxidants, the skin can thrive – repairing damage, maintaining elasticity and projecting that enviable glow that no makeup can fake.

SKIN-FRIENDLY VITAMINS

Vitamin C, the brightener: One of the most powerful antioxidants, vitamin C plays a vital role in the synthesis of collagen, the protein that keeps our skin firm and youthful. Citrus fruits, berries, kiwis and peppers are rich sources. Consistent intake of vitamin C can help fade pigmentation, repair UV damage and restore natural radiance. It's also a key ingredient in many medical-grade skincare lines because of its brightening effect.

Vitamin E, the protector: Acting as a shield against oxidative stress, Vitamin E helps guard the skin from environmental pollutants and sun exposure. Found in nuts, seeds and avocado, it works beautifully when paired with Vitamin C to strengthen the skin barrier and enhance moisture retention, two essentials for supple, dewy skin.

Vitamin A (retinol), the renewing force: Internally, Vitamin A supports cell turnover and tissue growth. Foods like sweet potatoes, spinach and carrots are great sources. In topical form, derivatives such as retinol have become a cornerstone in facial aesthetics and advanced skincare because of their proven ability to reduce fine lines and smooth texture.

B vitamins, the balancers: The B-complex family, especially biotin (B7), niacin (B3) and pantothenic acid (B5), support hydration, oil control and an even tone. A deficiency can result in dry-

ness or breakouts. Whole grains, eggs and leafy greens are among reliable dietary sources to keep your complexion calm and balanced.

Omega-3 fatty acids, the soothers: While technically not vitamins, omega3s found in salmon, flaxseeds and walnuts are crucial for maintaining the lipid layer of the skin. They reduce inflammation, soothe redness and keep the skin soft and resilient.

HYDRATION: THE UNSUNG HERO

No discussion of skin health is complete without water. Hydration supports every cellular process, including detoxification and nutrient transport. Dehydrated skin looks dull and tired; hydrated skin glows naturally. Herbal teas, water-rich foods like cucumber and melon, and reducing caffeine can make a noticeable difference within days.

ENHANCE INNER GLOW

At Radiance Medical Aesthetics, we often remind our patients that once you've built a foundation of good nutrition, professional facial aesthetic treatments can elevate that inner health into visible luminosity. Treatments like skin boosters, microneedling, dermal fillers and medical facials work in harmony with well-nourished skin – amplifying collagen production, improving texture and restoring volume where natural depletion occurs with age.

For example, hyaluronic acid fillers can subtly refresh facial contours while retaining a hydrated, natural finish. Skin boosters like Profhilo® or polynucleotides rejuvenate the skin's deeper layers, promoting firmness and elasticity. These treatments are far more effective when the skin is already supported nutritionally, as vitamins and antioxidants accelerate healing and prolong results. Aesthetic treatment is not about masking flaws; it's about restoring balance and vitality – something achievable only when the body is functioning at its best internally.

HOLISTIC APPROACH TO BEAUTY

When we combine mindful eating with advanced skincare and gentle aesthetic treatments, we move towards a holistic definition of beauty. Radiant skin becomes a reflection of overall wellness – not just good products or procedures. The future of facial aesthetics lies in integration: nutrition, lifestyle and medical expertise working together. Patients who take care of their diet and vitamin intake not only respond better to treatments but also maintain their results for longer.

So before you reach for the next serum or book your next facial, ask yourself what your skin is being fed from the inside. A plate full of colour – fruits, vegetables, whole grains, and healthy fats – might be the most powerful beauty treatment of all. When inner nourishment meets outer care, that's when the glow becomes undeniable.