



The Edible Beauty Healthy Skin Guide

Your Inside-out Plan for Maintaining Your Glow

EDIBLE BEAUTY
AUSTRALIA



Determining your skin type is the first step to properly caring for your body's largest organ. You can tell if your face is oily or dry, but "normal" is a bit harder to define. So let's break it down...

The term is widely used to describe skin that is naturally well balanced and free of conditions such as acne, rosacea or dermatitis. Basically, it's the holy grail of complexions. And if you've selected this guide then you've got it, so congratulations!

Just because you have normal skin though, it doesn't mean you get a free pass when it comes to your inside-out beauty routine. Proper care is essential to maintain your skin's good condition. As such it's important to develop or continue a regime that combines topical products and healthy lifestyle practices.



Outside

Stage 1:

Using our essential core four (cleanser, toner, serum and lotion), plus an eye cream, will ensure your skin stays hydrated, protected and radiant.

- **Cleanse:** Washing your face removes impurities and keeps pores clear. Formulas that contain sulfates, parabens or synthetic AHAs and BHAs can change the pH of your skin, leaving it prone to sensitivity, UV damage and premature ageing. Our *No.1 Belle Frais Cleansing Milk* is free of toxins and other nasties. It maintains barrier strength and encourages youthful skin with a combination of nourishing Coconut Oil, moisturising Camellia Seed Oil, brightening Fruit Extracts and Salicylic Acid, which purifies without stripping natural oils.

- **Balance:** Toning is an often forgotten step in daily routines, but it shouldn't be. Our *No.2 Citrus Rhapsody Toner Mist* harnesses the powerful astringent properties of May Chang to remove excess oil and refine pores. Coupled with stress-relieving Calendula and Fig, it leaves skin fresh and radiant.
- **Plump and protect:** Nourishing and protecting your complexion is essential regardless of your skin type. Our *No.3 Exotic Goddess Ageless Serum* contains Hyaluronic Acid, which in conjunction with Beta Glucan helps plump by attracting 1,000 times its weight in water. It's also supercharged with Botanical Antioxidants that guard against damage. Edelweiss enhances natural DNA protective actions and blocks UV light absorption, while White Tea extract accelerates repair. Kakadu Plum—the world's highest plant-based source of Vitamin C—boosts collagen production and brightens.
- **Hydrate:** Skipping moisturiser is a major no-no. Our best-selling *No.4 Vanilla Silk Lotion* is a lightweight blend of Camellia Seed Oil, Shea Butter, Rosella Extract, Black Raspberry and Lemon Aspen that deeply hydrates, moisturises and supports elasticity.
- **Firm and defend:** Your peepers require a little extra TLC. Our *& Gold Rush Eye Cream* is formulated with Gold Leaf, a luxurious ingredient that's renowned for its ability to brighten, refine fine lines, soothe inflammation and promote collagen production—essential for keeping skin firm and youthful. Passionfruit and Blueberry have an abundance of antioxidants to protect against UV and free radical damage.

Stage 2:

The secret to youthful skin for years to come? Speeding up cellular turnover and nourishing your complexion with age-reversing vitamins.

- **Encourage cellular renewal:** Slowing of the epidermal turnover rate contributes to dullness and loss of fullness. So, it's critical to kickstart this process in a natural way. Our *& Desert Lime Micro-Exfoliant* sloughs away dead skin, which increases radiance and softness, and ensures that the active ingredients are penetrating deeply into the skin to work their magic.
- **Promote collagen production:** Vitamins A, C and E exert powerful protection against oxidative stress. Snowflower Seed Oil, the star of our *& Snowflower Illuminating Face Oil*, exhibits 100 times the antioxidant action of Vitamin C, making it wonderful for repair and enhancing collagen production. Jojoba Oil is loaded with omegas and Vitamin A, which are important for cellular regeneration. It also replenishes natural moisture and potentiates the abilities of Vitamin E.





- **Nourish and repair:** While you snooze, your body goes into repair mode, so an overnight mask is a must. *& Sleeping Beauty Purifying Mousse* is packed with healing Pink Clay, soothing Aloe Vera, Avocado (5 Alpha Avocuta) and glow-getting Snowflower Seed Oil to nourish, replenish moisture, improve barrier function and boost radiance overnight.

Ingredients to Avoid

Sadly, in many cases, the products we use to combat our skin concerns can be the very cause of them. These are the topical ingredients ageing complexions should avoid:

- **Sodium laureth sulfate:** Sodium laureth sulfate (commonly added to face wash to make it foam) is what gives skin that squeaky clean feeling. The problem is that it strips skin of its natural oils and leads to over-drying.
- **Alcohol:** Alcohol is an active ingredient in cleansers, makeup removing wipes, acne treatments and more. The problem is that it breaks down the skin's natural protective barrier, leading to dryness and irritation.
- **Synthetic fragrances:** Synthetic fragrances are a major source of irritation for most skin types and are shown to trigger redness and inflammation.
- **Preservatives:** Preservatives found in most beauty formulas, including parabens, ethylhexanol and even those claiming to be natural, are among the most common irritants. Instead, we use sodium anisate (derived from aniseed) and sodium levulinate (a cellulose starch) to keep our product stable.



Inside

Healthy skin is more than just skin deep. Targeted nutrition and drinking plenty of water are crucial to keeping your complexion in tip-top shape..

- **Up your antioxidant intake:** Antioxidants work on both the inside and outside to protect the body against damage. Top antioxidant-rich foods include Macqui Berry, Kakadu Plum and Hibiscus Powder which you will find in our Native Collagen Powder.



- **Eat more healthy fats:** Essential fatty acids are a key component of the skin's intercellular matrix. Incorporate omega-rich foods like avocados, flax and walnuts into your daily diet. Not only are they tasty, but they help lock in moisture to keep your skin firm, plump and supple. Did you know linoleic acid plays an important role in the skin's own synthesis of ceramide, a lipid that's important for keeping barrier function intact. Bonus: Omegas boost brain and heart health.
- **Keep your liver healthy:** Making sure the body is ridding itself of toxins and free radicals is the key to combating damage. Load up on dandelion, cruciferous veggies, turmeric and lemons. Take our Beauty Detox Shot daily and sip on our *No.1 Green Goddess Detox* throughout the day for a hit of liver-loving herbs.
- **Increase vitamin A and C:** Eating a vitamin-rich diet can actually slow down the ageing process. Sweet potatoes, kale, spinach, papaya and melon are great sources of vitamin A. Rev up your vitamin C with Kakadu Plum, Macqui Berry and Hibiscus which you will find in our *Native Collagen Powder*.
- **Pack in protein:** Become conscious of your protein intake. Fill your plate with plant-based sources such as hemp seeds, legumes, nuts and seeds. Adequate protein levels ensure you have the building blocks for optimal collagen production and skin repair.
- **Drink more H2O:** Aim to guzzle at least 2 litres of water daily. You can add lemon juice and chlorophyll to improve hydration. Non-caffeinated, herbal tea like our *No.4 Golden Glow Tea* is another great option.



Recipes

Breakfast

GREEN GLOW SMOOTHIE

Having this smoothie a few times each morning is guaranteed to keep your skin looking youthful and will flush radiance-robbing toxins. A combination of super greens and herbs makes this a very therapeutic blend of skin nourishing ingredients. Spinach is a great source of B vitamins and folate which are wonderful for reducing skin redness and inflammation. It is also rich in cleansing chlorophyll and fibre, which help to move things along the digestive tract. Cucumber is incredibly hydrating and provides super electrolytes which are essential for brighter clearer skin and fighting puffiness and inflammation in the body. Turmeric is one of my favourite spices as it is super charged with antioxidants, provides wonderful support to the liver as well as anti-inflammatory benefits, promoting bright and youthful skin.

Serves 2

Ingredients

- 1 cup baby spinach
- 1 cup torn romaine leaves
- ½ cup chopped cucumber
- 1 small pear (or ½ large), cored and chopped
- 1 cup water or coconut water
- Handful fresh mint
- Handful fresh coriander
- ½ grapefruit
- Juice of half a lemon juice
- ½ tablespoon chia seeds
- 1 tablespoon flaxseed meal
- 1 teaspoon spirulina
(if you can handle it!)
- 1 teaspoon cinnamon

Instructions

Place ingredients in blender and blend until completely smooth. Sweeten additionally, as desired, with liquid stevia.



CHIA PORRIDGE

This breakfast is a wonderful breakfast that can be made ahead of time. Make a big batch of the dry ingredients and store in your pantry for a breakfast that's quick and easy to prepare. All you will need to do is add the wet ingredients the night before and leave to soak overnight, quasi-bircher muesli style! This is a supercharged breakfast with lots of fibre, protein, antioxidants, calcium and essential fatty acids. Chia seeds are truly a super food – they swell to 10 to 12 times their weight so make you feel full but also work to flush the colon and remove excess hormones and toxins that may be triggering excess sebum production. Goji berries provide natural sweetness in this porridge and are an abundant source of beta carotene which helps to promote healthy skin. Seeds and nuts are excellent sources of zinc, vitamin E and magnesium, which promote skin regeneration and healthy hormone production.

Serves 4-6

Ingredients

Dry Ingredients

- 1/2 cup chia seeds
- 1 cup activated buckwheat
- 1 cup shredded coconut (unsweetened and preferably organic)
- 1/2 cup goji berries
- 1/2 cup sunflower seeds
- 1/2 cup pumpkin seeds
- 1/2 cup almonds and walnuts chopped roughly

Wet Ingredients

- 1/2 – 1 cup almond milk
- 2 tablespoons flaxseed meal
- 1/2 cup cherries, strawberries, blueberries or raspberries (can be frozen)
- 1 apple or pear grated (optional)

Optional

- 1 teaspoon coconut oil

Instructions

1. Mix all dry ingredients and store in a glass jar until needed.
2. The night before needed, mix 1/2 a cup of the dry mix with 3/4 to one cup almond milk as well as flaxseed meal and berries and apple or pear (if using).
3. Find your soaked and scrumptious porridge waiting for you the next morning! Sprinkle with cacao nibs, and add one teaspoon of coconut oil for an added super food boost
4. arranging chopped fruit beside it.



Lunch

SUPERFOOD SALAD

This light and refreshing salad contains several beauty-boosting superfoods including blueberries, pomegranates, sprouts and avocado. Goji berries and sprouts in particular are rich in antioxidants, especially vitamin C, one of our favourite vitamins when it comes to enhancing collagen production and bright healthy skin. B vitamins found in all greens provide anti-inflammatory support which is essential when it comes to supporting healthy and youthful skin.

Serves 1-2

Ingredients

- 4 cups mixed green salad leaves, tightly packed
- 2 cups sprouts such as broccoli, sunflower, snowpea or alfalfa
- 2 medium cucumbers, chopped
- 1 avocado, cubed
- 1 tablespoon chia seeds or hemp seeds
- 1 tablespoon sunflower seeds
- 1 tablespoon pumpkin seeds
- 1 tablespoon almonds (optional)
- 1 tablespoon goji berries, blueberries or pomegranate
- Fresh curly parsley, to serve
- 1 tablespoon lemon juice
- 1/8 cup raw apple cider vinegar
- 1/4 cup cold pressed olive oil
- 1/2 heaped tablespoon wholegrain mustard
- Himalayan pink salt and pepper, to taste

Instructions

1. Place all ingredients for the salad in a large salad bowl and toss until combined.
2. In a medium screw-top jar, shake up ingredients for the dressing until smooth. Pour over salad, toss thoroughly and top with fresh parsley to serve.



BUDDHA BEAUTY BOWL

This buddha bowl is a satisfying lunch dish with the bonus of being great for skin clearing. Broccoli and cauliflower are great sources of glucosinolates, which support enzyme production in the liver. Activating liver enzymes is always helpful when it comes to reduces acne and break outs as it ensures that the liver is efficiently clearing excess hormones and toxins which trigger inflammation. Look for gluten free and organic soba noodles made from buckwheat.

Serves 1-2

Ingredients

- Soba Noodles (1 cup cooked)
- 1 large carrot, julienned
- 1 medium broccoli (cut into florets)
- 1 portobella mushroom, sliced
- 1 medium cauliflower (cut into florets)
- ¼ cup of frozen peas
- 1/2 of an Avocado (sliced)
- Sesame seeds for garnish
- ¼ cup olive oil
- 2 teaspoons cumin

- 1 teaspoon turmeric or garam masala
- ¼ teaspoon crushed red pepper
- ½ teaspoon Himalayan or Celtic sea salt

For the sauce:

- 2 tablespoons of Tamari (Gluten free)
- 1/2 teaspoon of Toasted Sesame Oil
- 1/2 teaspoon of Dijon Mustard (or spicy mustard)
- 1/2 tablespoon of Tahini
- 1 clove of Garlic (minced fine)
- 1/3 inch of Ginger (minced fine/about 1/2 teaspoon)

Instructions

1. In a small bowl, mix all the ingredients for your sauce together and set aside.
2. Cook soba noodles according to package, drain and add to your buddha bowl.
3. Using the same pot and boiling water, blanch broccoli florets, sliced mushrooms and frozen peas for about 4-5 minutes and remove with a slotted spoon, placing in your bowl/plate with your noodles. Lastly, blanch carrots, remove and place in your bowl as well.
4. To prepare cauliflower, combine the oil, cumin, turmeric, crushed red pepper and pinch of salt in a small bowl. On a large rimmed baking sheets, drizzle the cauliflower with the spiced oil and toss well to coat. Spread the cauliflower in an even layer and bake for about 1 hour, until browned and tender. The cauliflower can be made ahead of time and stored in the fridge.
5. Add sliced avocado, sesame seeds to bowl and drizzle tahini dressing all over the top!



Dinner

WARM LENTIL AND BABY SPINACH SALAD

This salad is light and nourishing. It has a beautiful earthy flavour due to the herbs and spices, which make it the perfect meal. Whilst lentils are known for their high levels of iron, they are also rich in protein and their high level of insoluble fibre make them great for pushing things along the digestive tract and binding and removing unwanted toxins causing havoc with your skin. The carrots, onions, celery and capsicum are the cherries on top and add additional skin and liver loving antioxidants and nutrients!

Serves 1-2

Ingredients

- 2 cups organic baby spinach, washed
- 1/2 organic onion, sliced
- 1/2 red capsicum, diced
- 2 celery stalks, diced
- 1 carrot, grated or diced
- Handful of cherry tomatoes, diced
- 2 cloves garlic, minced
- 1 cup your choice of mushrooms (organic)
- 1/4 teaspoon dried red pepper flakes
- 1 cup cooked lentils
- 2-3 teaspoons balsamic vinegar
- 3-4 teaspoons organic coconut oil
- 1 teaspoon fresh thyme, chopped
- 1 teaspoon fresh rosemary, chopped
- 1 tablespoon fresh parsley
- Salt and pepper, to taste
- Pinch of turmeric and cumin

Instructions

1. In a large pan over a medium-high heat, heat just 1-2 teaspoons of the coconut oil. Add the baby spinach and stir around till it is coated and cook just 2-3 minutes, for the spinach to wilt slightly.
2. Add the spinach to your serving bowl.
3. Add the remaining 1 to 2 teaspoons of coconut oil to the pan. Once heated add the onion, red capsicum, carrot and celery. Cook for about 3 minutes until they begin to get tender, add the mushrooms, garlic and the spices. Add a little salt and pepper to taste. Stir and cook until the mushrooms are cooked through, maybe another 3-5 minutes, stirring frequently.
4. When the mushrooms have reduced in size and are looking juicy add the lentils and cook only long enough for the lentils to warmed up, Take care not to overcook.
5. Add the lentil mixture to the baby spinach and tomatoes and drizzle with the balsamic vinegar over top.
6. Note: You can experiment with different legumes for this recipe – cannellini beans and chick peas make wonderful alternatives.



ROAST VEGETABLES WITH MILLET

Roasting root vegetables makes it incredibly easy to up the ante on your vitamin A, C and E intake which are critical for young vibrant as well as warding off free radical damage. One sweet potato serving provides you with 100 percent of the daily recommended dose of vitamin E!

Serves 3-4

Ingredients

- 3-4 cups of assorted brussels sprouts or broccoli, zucchini, carrots, butternut squash, and sweet potatoes
- 1 tablespoon olive oil
- 1 small red onion
- 2 sprigs of rosemary
- 1 cup cooked millet, cooled
- 2-3 handfuls spinach or Kale
- 1 teaspoon Celtic or Himalayan Sea Salt

Dressing

- 1 clove garlic, minced
- 2 tablespoon olive oil
- 2 tablespoons good balsamic vinegar
- Pinch of salt and pepper
- Hummus to serve (optional)

Instructions

1. Preheat oven to 180 degrees Celsius.
2. Cut veggies into chunky pieces. Toss with 1 tablespoon olive oil, sea salt and 2 sprigs of rosemary. Roast for 30-40 minutes until all are tender and browning. Remove from oven.
3. In a large bowl combine millet, spinach, and roasted veggies. Whisk together 2 tablespoons olive oil, 2 tablespoons vinegar, minced garlic, salt, and pepper. Pour over salad and toss well.
4. Serve with a side of hummus if desired.



Beauty snacks

If you feel hungry between meals, enjoying one of these healthy snacks will help keep you going until your next meal.




- A handful of raw, unsalted nuts
- 1 cup of berries with coconut yoghurt
- Raw vegetable crudités with hummus
- Brown rice cakes with ¼ avocado, lemon juice and Himalayan salt
- Apple sliced with 1-2 tablespoons of almond butter, sprinkled with cinnamon
- 1 scoop of plant-based protein powder mixed in 1 cup of unsweetened almond milk, coconut milk or coconut water
- Turmeric latte made with unsweetened nut or coconut milk
- Homemade trail mix with seeds, coconut flakes, goji berries and cacao nibs





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