

**THE EDIBLE BEAUTY
RADIANT SKIN GUIDE**

**YOUR INSIDE-OUT
PLAN FOR MANAGING
DULLNESS**



EDIBLE BEAUTY
AUSTRALIA



Dullness is a common skin concern, especially as you age and cellular turnover slows. Factors such as diet, pollution and weather can also contribute to a lacklustre complexion.

Every woman deserves skin that's bursting with vitality. Luckily, there are steps you can take to restore your youthful glow naturally. We have created this holistic routine that combines topical products and healthy lifestyle practices to reveal your most radiant skin ever. The beauty of this plan is that you can expect brighter, more luminous skin in as little as two weeks!

Here is your comprehensive inside-out guide for treating dullness:



OUTSIDE

STAGE 1: WEEKS 1 - 4

Wondering how to revive a lifeless complexion? Give your skin a glow-boost with a daily regimen of targeted topical products designed to restore your skin to a radiant state.

Cleanse

Washing your face is an essential step in your skincare routine, but the last thing you want when restoring radiance is a product that strips skin of natural oils. Steer clear of foaming formulas and opt for a gentle creamy emulsion like our *No.1 Belle Frais Cleansing Milk*. Antioxidant-rich Coconut Oil sweeps away impurities and surface build-up that can cause dullness, while Fruit Extracts boost radiance and even out skin tone to support a clear and bright appearance.

Exfoliate

The secret to a healthy, youthful complexion is to kick start the epidermal turnover process. Our *& Desert Lime Flawless Micro-Exfoliant* sloughs away dead cells, which increases luminosity and softness, and ensures also that the active ingredients you are applying topically in your skincare are penetrating deeply into the skin to work their magic. Dry brushing is another beneficial practice to introduce into your daily routine to support healthy cell turnover.

Brighten

The right face oil can do wonders for your complexion! Our *& Snowflower Illuminating Face Oil* contains a cocktail of wildcrafted active botanicals, including Kakadu Plum, Snowflower Seed and Jojoba Oils, that stimulate collagen, provide a vitality boost and brighten skin.

Highlight

If you want to achieve glowing, ethereal beauty in a flash, our *& Luminous Angel Drops* are perfect mixed into foundation for an instant glow hit. Prickly Pear Seed Oil infuses vibrancy and Tourmaline Crystals boost circulation, while light-reflecting pigments and Mica provide a subtle sheen. This product can be used to highlight your features or alternately mix a few drops into your moisturiser or foundation for all-over illumination.

STAGE 2: WEEKS 4+

Without adequate nourishment and hydration, your complexion can become dull and dry. These nutrient-rich formulas will free you from lacklustre skin troubles.

Hydrate

Hyaluronic acid holds 1,000 times its weight in water. Give skin a rush of hydration with our *No.3 Exotic Goddess Ageless Serum*. Powered by this miracle molecule, it replenishes natural moisture reserves and helps plump skin, whilst vitamin-C rich Kakadu Plum helps to brighten the skin.





Rejuvenate

Your peepers require a little extra TLC. Our *& Gold Rush Eye Cream* is formulated with 24k Gold Leaf, a luxurious ingredient that's renowned for its ability to brighten, refine fine lines, soothe inflammation and promote collagen production. It also features Passionfruit and Blueberry, which have an abundance of antioxidants to protect against UV and free radical damage.

Increase Radiance

While you snooze, your body goes into repair mode, so a revitalising overnight treatment is your secret weapon. Our *& Sleeping Beauty Purifying Mousse* is packed with Aloe Vera, Avocado (rich in 5 Alpha Avocuta) and Snowflower Seed Oil to nourish and replenish moisture, so you wake up looking radiant and well rested.

Boost Your Skincare Regime

Our Turmeric Beauty Latte "skin food" booster serum works wonders for dull skin. The powerful properties of Turmeric Root are harnessed in this formula to brighten discolouration, soothe inflammation, balance and brighten the skin in just one application. Use it after cleansing and toning, and before any of your other skincare products for best results.

INGREDIENTS TO AVOID

Sadly, in many cases, the products we use to combat our skin concerns can be the very cause of them. Avoid these topical ingredients that can contribute to dull skin.

- **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:** The types of preservatives found in most mainstream 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 products stable.



INSIDE

Gorgeous, glowing skin starts from within. What you eat and drink plays an important role in establishing brilliant beauty from the inside-out and preventing dullness dampening your complexion.

STOCK UP ON FIBRE

A happy gut is key to a clear, radiant complexion. Fibre is crucial for optimal digestive function, so get your fix by making lentils, almonds and flaxseed part of your daily diet.

INCREASE VITAMIN C

Rev up your glow-getting diet regimen with plenty of brightening vitamin C. Kakadu Plum, hibiscus and maqui berry are all excellent sources. Try adding a serving of our *Native Plant-Based Collagen Powder* to your daily intake for an easy way to boost your intake of these radiance-promoting nutrients.

EAT MORE HEALTHY FATS

Combat dullness by incorporating omega-rich foods like flaxseed, walnuts and avocado into your diet. Fatty acids help skin retain moisture, making it plump and supple.

UP YOUR H2O INTAKE

Aim to drink at least 2 litres ounces of water daily (about 8 full glasses). 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 for increasing your fluid intake.

AVOID NOTORIOUS DEHYDRATORS

Caffeine, alcohol, high-sodium foods and processed meats draw valuable water reserves from the skin and contribute to a lacklustre complexion. Best to skip them and fill your plate with hydrating produce and omega-rich ingredients instead.

CARE FOR YOUR LIVER

The liver is a detoxifying powerhouse that promotes healthy, luminous skin. To make sure this vital organ is running at peak performance, chow down on foods such as cruciferous veggies and turmeric. Thirsty? Sip on our *No. 1 Green Goddess Detox Tea*. This delicious herbal tisane supports liver function with Milk Thistle, Schizandra and Dandelion Root and can be enjoyed hot or cold.





RECIPES



BREAKFAST

BLUEBERRY CHIA PARFAIT

Chia seeds are a game changer when it comes to getting back your skin glow. Chia seeds are abundant in fibre which removes excess oestrogen and toxins which can lead to breakouts. The below parfait includes blueberries and our & Butterfly Balancing Blue tea which adds an abundance of healthy skin antioxidants and a beautiful colour to the tea. You can prepare the chia gel a day or two ahead and keep it in the fridge and just blend the parfait ingredients before you are ready to gulp this one down for breakfast or dessert.

Serves 2

Ingredients

For Chia Gel

- 4 tablespoons chia seeds
- $\frac{3}{4}$ cup almond or coconut milk
- 2 drops stevia
- Vanilla from 1 Vanilla Bean, scraped

Blueberry Parfait Layer

- 1 cup frozen blueberries
- $\frac{1}{4}$ cup Balancing Butterfly Blue Tea

Coconut Layer

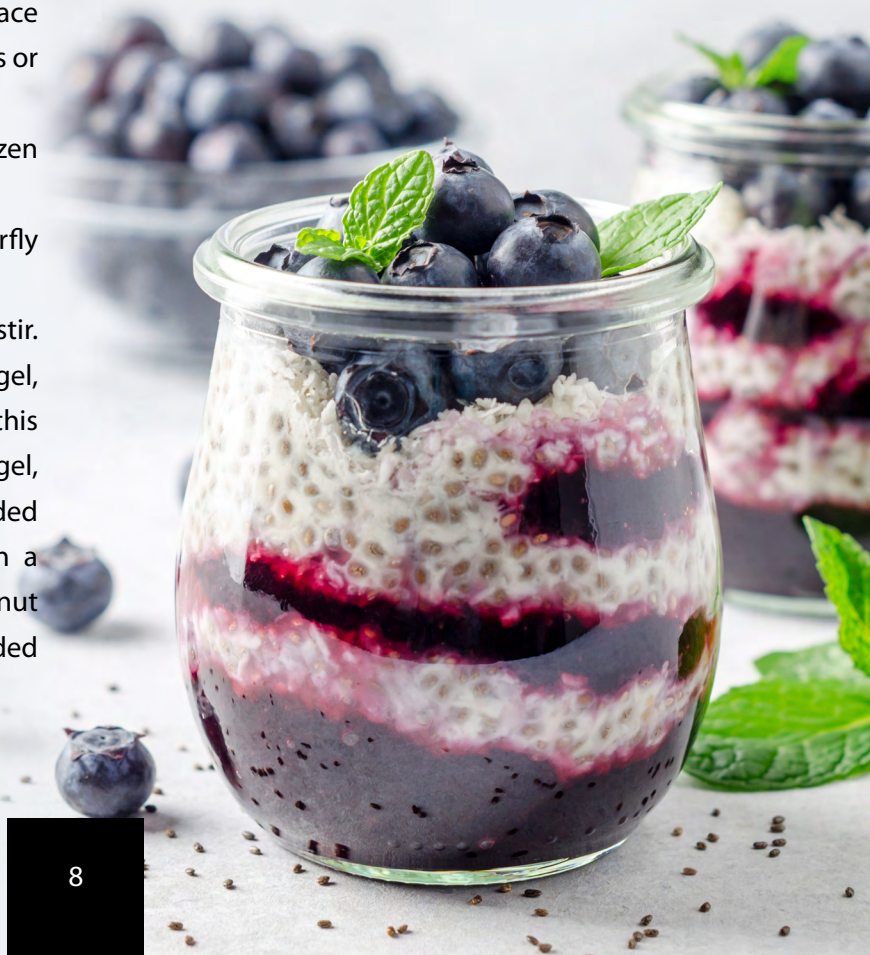
- $\frac{1}{4}$ cup coconut yoghurt
- 1 tablespoon Balancing Butterfly Blue Tea (cooled)

To Serve

- $\frac{1}{2}$ cup of blueberries (fresh)
- $\frac{1}{4}$ cup shredded coconut
- $\frac{1}{4}$ cup shredded almond flakes

Instructions

1. Brew 1 cup of Balancing Butterfly Blue Tea and let it chill in the fridge
2. Make chia gel by combining chia seeds, milk, stevia and vanilla beans in a glass bowl. Place in the refrigerator for a minimum of 2 hours or overnight.
3. Prepare blueberry layer by combining frozen blueberries and tea in a blender.
4. Mix coconut yoghurt and Balancing Butterfly Blue Tea in a glass bowl.
5. When ready to serve, give the chia gel a stir. Take a clear parfait glass and layer chia gel, blueberry parfait and coconut layer in this order. Before repeating with more chia gel, sprinkle a layer of fresh blueberries, shredded coconut and almond flakes. Repeat with a layer of chia gel, blueberry parfait and coconut yoghurt. Top with blueberries and shredded almond flakes.
6. Serve chilled.





PINEAPPLE & DRAGON FRUIT SKIN SMOOTHIE BOWL

Smoothie bowls often appear so intricately and beautifully designed that I have been avoiding experimenting with them. Don't let photos deceive you! The bowls are super easy and so much fun to make. The only thing you really need at hand is a frozen fruit (such as mango, pineapple or banana) and some activated buckwheat or granola along with a handful of greens. I have used pineapple and the exotic dragon fruit to enhance the skin beautifying action of smoothies. Pineapple is a wonderful source of digestive enzymes which makes it wonderful for gut healing. It is also anti-inflammatory which makes it the perfect choice for acne prone or red skin. The Dragon fruit not only looks incredible and has high doses antioxidants along with B vitamins, it is also a great source of fibre so will act to sweep away toxins and impurities which are playing havoc with your skin.

Serves 1

Ingredients

Smoothie Base

- 2 cups pineapple, chopped and frozen
- ½ nectarine, chopped
- ½ white dragon fruit
- 2 cups of baby spinach (or other green)
- ½ cup of water or coconut milk

Toppings

- ¼ cup fresh blueberries or other berries of choice
- 1/2 cup granola or activated buckwheat (I use the Loving Earth brand)
- ½ red dragon fruit, scooped in small balls with a teaspoon and frozen
- ¼ cup fresh pineapple
- Handful of baby spinach

Instructions

1. Combine all smoothie base ingredients into a blender until smooth
2. Pour ¼ cup of granola into a serving bowl. Pour smoothie layer.
3. Add toppings – start by spreading granola (or activated buckwheat) vertically across bowl and arranging chopped fruit beside it.

LUNCH

SUPERFOOD SALAD

This light and refreshing salad contains several beauty boosting superfoods including pomegranates, sprouts and avocado. Sprouts are a wonderful salad ingredient when it comes to acne clearing as their ability to stimulate detoxification enzymes at the cellular level is unparalleled.

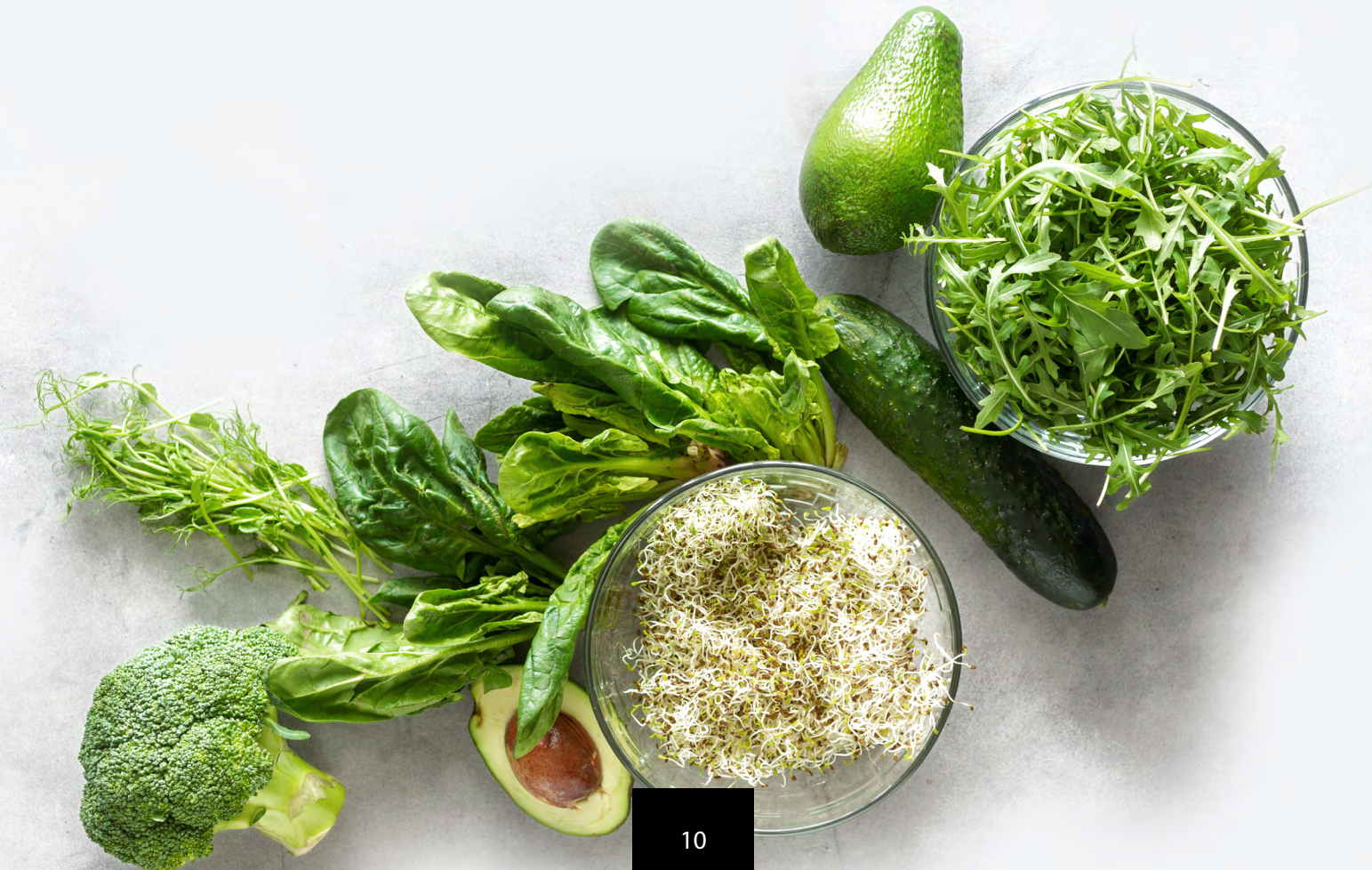
Serves 1-2

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 tbs chia seeds
- 1 tbs sunflower seeds
- 1 tbs pumpkin seeds
- 1 tbs goji berries or pomegranate berries (optional)
- Fresh curly parsley, to serve
- 1 tablespoons 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.



ROAST PUMPKIN SALAD WITH ROCKET AND WALNUTS

This salad is incredibly easy to throw together and makes a great lunch and dinner. Walnuts are one of my favourite Omega-3 rich nuts. Omegas are essential when it comes to healing dry and irritate skin due to their ability to reduce inflammation and hydrate the skin from the inside out.

Serves 3-4

Ingredients

- 700g butternut pumpkin, peeled & cut into 2.5cm cubes
- olive oil cooking spray
- 400 g rocket
- ½ cup beetroot, sliced (optional)

Walnut dressing

- 1 tablespoon extra-virgin olive oil
- 1 cup walnuts, roughly chopped
- 1 1/2 tablespoons lemon juice
- 1 garlic clove, crushed

Instructions

1. Preheat oven to 230°C. Line a large baking tray with baking paper. Place pumpkin, in a single layer, on tray. Spray with oil. Bake for 30 minutes or until golden and tender, turning halfway during cooking. Allow to cool on tray.
2. Make walnut dressing: Heat oil in a small, non-stick frying pan over medium heat. Add walnuts. Cook, stirring, for 5 minutes or until walnuts are lightly toasted. Remove from heat. Stir in lemon juice and garlic. Season with salt and pepper.
3. Combine rocket, beetroot (if using) and pumpkin in a serving bowl. Add dressing. Toss gently to combine. Serve.



DINNER

ZUCCHINI NOODLES WITH BROCCOLI ROCKET PESTO SAUCE

Broccoli is a superstar vegetable when it comes to its glow properties. It is not only rich in vitamin C, it is also rich in sulforaphane which is a potent antioxidant with a powerful ability to draw toxins and protect the skin from free radical damage. Zucchini is also rich in vitamin A and C which are both beneficial for increasing skin firmness and elasticity.

Serves 1-2

Ingredients

- 2 medium zucchinis
- 1 medium zucchini, sliced (optional)
- Handful of cherry tomatoes, halved
- Generous pinch of salt
- 1 tablespoon of coconut oil

Broccoli and Rocket Pesto

- 1 cup broccoli florets sliced stems
- 7 tablespoons sliced toasted almonds, reserve 1 tablespoon for garnish
- 1/4 cup fresh rocket
- 2 cloves garlic, minced
- 2 tablespoons lemon juice
- 8 tablespoons olive oil
- Sea salt and freshly ground black pepper
- Hemp seeds, to garnish

Instructions

1. Using the julienne blade of a mandolin, very carefully slice each side of the zucchini until you get to the seeds. Turn zucchini over and repeat on all three remaining sides. Alternatively, you can use a spiraliser to create zucchini threads which look more like pasta.
2. Place zucchini strips in a colander over a bowl or in the sink. Sprinkle zucchini with salt and toss to combine. Let the zucchini sit for 15 minutes while the salt extracts the moisture. Drain excess water, squeezing zucchini to remove the water.
3. Bring a medium pot of well-salted water to a boil—get this started before you start chopping the broccoli. Cook all broccoli until bright green and just tender, about 2 minutes. Remove with a slotted spoon into a bowl and let cool slightly. Reserve the water to toss with the pesto later. Roughly chop 1/2 cup cooked florets and set aside for garnish.
4. In a food processor or blender, puree remaining broccoli, almonds, rocket, garlic, and lemon juice. Add olive oil. Season with salt and pepper.
5. To serve heat up a tablespoon of coconut oil in a frying pan and add one clove of minced garlic per serving. Cook garlic for one minute before adding sliced zucchini if using. Gently fry the zucchini before adding the zucchini spaghetti. Toss over the heat for two minutes; add heaping spoonful of pesto for each serving and stir well, adding a couple of teaspoons of the reserved broccoli water to loosen the pesto. Top with halved heirloom cherry tomatoes, reserved broccoli, hemp seeds and a handful of slivered almonds!





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 bright and healthy skin 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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