

A close-up portrait of a smiling woman with dark, curly hair. She is applying a small amount of white cream to her right cheek with her index finger. She is wearing a white tank top. The background is a soft, out-of-focus grey.

The Edible Beauty Hydrated Skin Guide

Your Inside Out Plan for Dry Skin

EDIBLE BEAUTY
AUSTRALIA



Dryness is a common skincare concern which can happen at any stage of life, however ageing skin is most prone to low hydration levels. As you age, your skin loses moisture. Harsh climates and inclement conditions (ahem, winter!) can also cause or compound dryness issues. Beyond that uncomfortable tight feeling characteristic of dry skin, having a parched complexion also leads to flakiness, dullness, and rough texture.

Treating dehydrated skin requires more than just topical measures. This guide includes both internal and external solutions to quench your complexion to keep you looking youthful and glowing.



Outside

Stage 1:

Ready to say goodbye to dryness and hello to soft, supple skin? A hydrating product regimen is the place to start...

- **Gently cleanse:** Every dermatologist will tell you that washing your face before bed is a must. But the last thing you want is a product that strips skin of natural oils. Steer clear of foaming formulas and opt for a gentle cream cleanser. Our *No.1 Belle Frais Cleansing Milk* combines nourishing Coconut Oil, hydrating Wattleseed, moisturising Zizyphus and AHA-rich Fruit Extracts.



- **Exfoliate and boost cellular turnover:** Regular exfoliation is one the best ways to prevent dryness. & *Desert Lime Micro-Exfoliant* uses Rice Beads and Wattleseed to slough away dead skin and improves cellular turnover, while Gingko stimulates circulation. Dry brushing is another beneficial practice to introduce into your daily routine.
- **Moisturise:** Parched skin is crying out for a deeply moisturising and nourishing cream. *Coco Bliss Intensive Repair* contains a blend of nutritive oils that are rich in youth-enhancing vitamins A, C and E.

Stage 2:

Parched skin needs more than just hydration (which, of course, is a must), it's begging for nutrients. These double-duty formulas do both! Slather 'em on to increase the moisture and health of your complexion.

- **Hydrate:** Hyaluronic Acid holds 1,000 times its weight in water. Give skin a rush of hydration with a products powered by this miracle molecule. Our *No.3 Exotic Goddess Ageless Serum* delivers deep hydration, replenishing natural moisture reserves and helping plump skin.
- **Nourish:** Did you know Jojoba Oil actually mimics wax esters naturally found in sebum? It's also happens to be a key ingredient in our & *Snowflower Illuminating Face Oil*. This nourishing, fast-absorbing formula penetrates deeply to moisturise and feed skin with fatty acids, Emu Apple Seed and Kakadu Plum.

- **Replenish:** While you snooze, your body goes into repair mode, so an overnight mask is a must. & *Sleeping Beauty Purifying Mousse* packed with nourishing oils, Avocado Oil (5 Alpha Avocuta) and Snowflower Seed Oil to nourish and replenish moisture. Guess you could say it gives new meaning to the term “beauty sleep.” Use the & *Sleeping Beauty Purifying Mousse* 2-3 times per week. On the days you don’t use the mousse, moisturise using your Coco Bliss Intensive Repair.

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 dryness-triggering topical ingredients you should avoid in your skincare routine:

- **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.
- **Synthetic Fragrances:** Synthetic Fragrances are a major source of irritation for most skin types and are shown to trigger redness and inflammation.
- **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.
- **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

The cause of dehydration is far from skin deep. So, what's the most effective way to combat dryness? Topical treatments coupled with targeted nutrition and plenty of water. Here are some of my favourite tips you can incorporate into your daily life to boost and rehydrate dry skin from the inside-out:



- **Up your H2O intake:** Aim to drink 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. Sipping in our Native Collagen Powder during the day also boosts your hydration whilst simultaneously boosting your intake of beauty boosting vitamins.
- **Eat hydrating foods:** In addition to drinking your H2O, you can eat it! Foods with a high-water content such as watermelon (hence the name), grapefruit and cucumber are refreshing and hydrating.
- **Increase healthy fats:** Great skin starts from within. Combat dryness by adding Omega-rich ingredients into your diet. Fatty acids help skin retain moisture, making it plump and supple. It's as easy as sprinkling flax seeds on your oatmeal, cooking with olive oil, adding half an avocado to your salad or snacking on a handful of walnuts.
- **Avoid notorious dehydrators:** Caffeine, alcohol, foods with a high-sodium content, and processed meats draw valuable water reserves from the body. Best to skip them and fill your plate with hydrating and omega-rich ingredients.



Recipes



Breakfast

COCONUT QUINOA BOWL

This warming breakfast is not only incredibly satisfying, it is rich in protein and fatty acids which promote healthy and hydrated skin. Coconut milk is rich in nourishing lauric acid which helps to promote radiant and clear skin. Cinnamon helps to boost circulation to the skin whilst quinoa is rich in protein which promotes collagen production and plump, youthful skin.

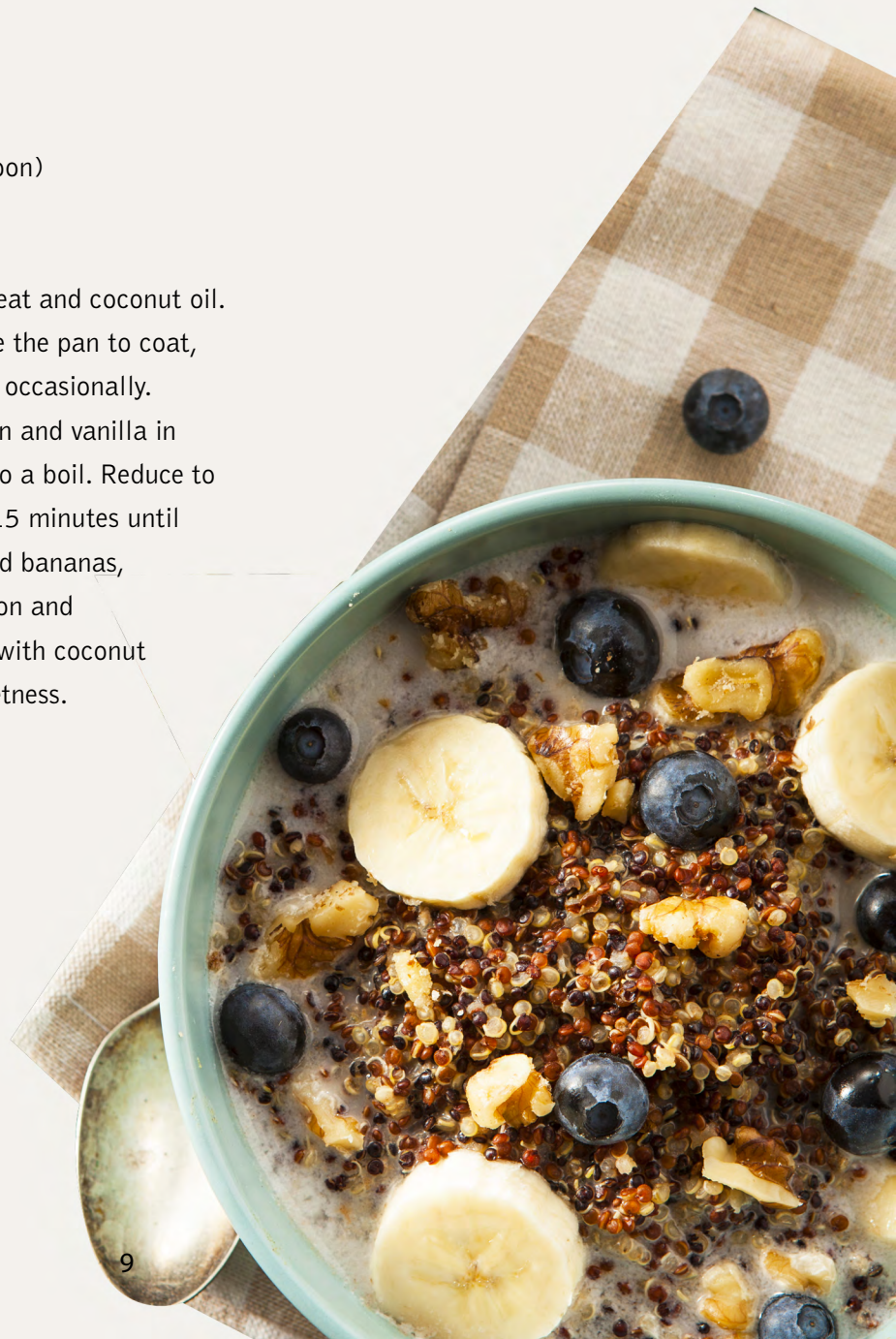
Serves 1

Ingredients

- 1/3 cup quinoa flakes
- 1 cup almond milk or coconut milk
- 1 tablespoon almond butter
- 1/2 teaspoon ground cinnamon
- 1 teaspoon vanilla essence
- Toppings
- 1 tablespoon chopped walnuts
- ½ sliced banana
- Handful of blueberries
- Sprinkle of coconut nectar (1/2 teaspoon)

Instructions

1. Heat a small saucepan over medium heat and coconut oil. Once melted, add in quinoa and shake the pan to coat, letting toast for 2-3 minutes, stirring occasionally.
2. Combine milk, almond butter, cinnamon and vanilla in the saucepan with quinoa and bring to a boil. Reduce to a simmer, cover, and let cook for 10-15 minutes until quinoa is thick and creamy. Add sliced bananas, blueberries and sprinkle with cinnamon and chopped walnuts or granola. Drizzle with coconut nectar if you need a touch more sweetness.



CACAO BERRY ANTIOXIDANT SMOOTHIE

Cacao and berries combine to create a beautiful skin boosting and nourishing smoothie. Raw cacao is a true superfood containing over 300 + different antioxidants along with magnesium and even vitamin C. When combined with antioxidant rich blueberries and strawberries the antioxidant levels of this smoothie soar. Almonds are rich in protein and provide a wonderful alkaline base for this smoothie. Cinnamon boosts skin circulation and provides a warming touch to this cacao berry mix.

Serves 1

Ingredients

- ¼ cup frozen strawberries
- ¼ cup frozen blueberries
- ¼ cup frozen cherries
- 2 heaped tsp freeze dried acai powder (optional)
- 1 heaped tablespoon raw cacao powder
- ½ tsp cinnamon powder
- 250 ml cold pressed almond mylk OR add ¼ cup almonds and 250 ml filtered alkaline water
- This recipe makes x mL of smoothie

Instructions

Place all ingredients in a high-speed blender with the fruit first for easy blending. Blend on high speed until smooth.



Lunch

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.



VEGAN TACO SENSATION

Tacos are such a light, fresh and easy dish to prepare for lunch. The cashew cheese is a wonderful fermented food which is not only tastes delicious, it is also rich in gut friendly probiotics which help to balance friendly bacteria in the skin.

Serves 2

Ingredients

- 4 taco shells, gluten free and organic if possible
- 2 cups baby spinach leaves
- 6 Tablespoons cashew cheese
- 1 cup cooked legumes such as lentils or black beans, or 6 falafel balls, chopped into small cubes
- ½ cup diced tomatoes
- ½ cup diced mango or pineapple (optional)
- 1 tablespoon nutritional yeast flakes

Instructions

1. Combine chopped tomatoes, legumes or falafel balls, 2 tablespoons cashew cheese (more if you want it more creamy/cheesy) and 1 cup of baby spinach leaves.
2. Line inside of tacos with a layer of spinach or rocket leaves then add falafel mix and top with a dollop of cashew cream cheese, diced tomato and pineapple/mango and a sprinkle of nutritional yeast flakes.



Dinner

PAD THAI WITH KELP NOODLES

Kelp noodles are such a versatile ingredient with an incredible texture and the ability to absorb the flavour of tasty sauces used with them. As a bonus they are rich in iodine which is required for healthy thyroid function and smooth hydrated skin. This salad also contains super hydrating ingredients such as cucumber, green mango and avocado which your skin will thank you for.

Serves 4

Ingredients

- 1 packet kelp noodles, soaked in hot water for 30 minutes and chopped in half
- 2 cups soy bean sprouts, rinsed well
- 1 carrot, grated
- 1 green mango, shredded
- ½ green papaya, shredded (optional, if available)
- 1 bunch coriander, rinsed well and chopped
- ½ bunch mint, rinsed well and chopped (optional)
- 1 cucumber, shredded or peeled and diced
- 1 avocado, peeled and diced (optional)
- 1 red capsicum, julienne strips
- ¼ cup roasted cashews

Dressing

- 2 Tablespoons tahini
- Juice of one lime
- 2 Tablespoons olive oil
- 1 Tablespoon grated ginger
- 2 drops stevia or 1 teaspoon brown rice syrup
- 2 Tablespoons coconut yoghurt
- 1 Tablespoon nutritional yeast flakes (as topping)

Instructions

1. Blend dressing ingredients in pocket rocket or blender.
2. Place noodles in a bowl. Add sprouts, cucumber, carrot, mango and papaya along with herbs, nuts and avocado.
3. Add dressing and combine well. Top with nuts and savoury yeast flakes.
4. Store in a glass container for two days – the flavours intensity over night so this salad tastes delicious the next day.



COCONUT CURRY & QUINOA

Coconut is one of our favourite ingredients for hydrating the skin. It is rich in healthy fatty acids, proteins and vitamin E, coconut milk has a wonderful ability to repair and nourish the skin. This curry is easy to prepare and is even more nourishing when accompanied by fibre and protein rich quinoa.

Serves 3-4

Ingredients

Curry

- 1 tablespoon coconut oil
- 1 small onion, diced
- 4 cloves garlic, minced
- 1 tablespoon fresh grated ginger
- 1/2 cup broccoli florets, separated
- 1 bok choy or pak choy, chopped roughly
- 1/2 cup diced carrots
- 200g cooked chickpeas
- 1 tablespoon mild curry powder
- Pinch cayenne (optional)
- 2 cans coconut milk
- 1 cup vegetable broth
- Sea salt and black pepper to taste

Coconut Quinoa

- 1 can coconut milk
- 1 cup white quinoa, rinsed in a fine mesh strainer*

For serving, optional

- Fresh lemon juice
- Handful of coriander
- Red pepper flake

Instructions

1. Add quinoa to a medium saucepan over medium heat and toast for 3 minutes. Add coconut milk and 1/2 cup water. Bring to a boil, then reduce heat to simmer, cover and cook for 15 minutes or until the quinoa is light, fluffy and the liquid is absorbed. Set aside until serving.
2. In the meantime, heat a large saucepan or pot to medium heat and add coconut oil, onion, garlic, ginger, carrot, broccoli, pak choy or bok choy and a pinch of salt and pepper. Cook, stirring frequently, until softened, approximately 5-7 minutes.
3. Add curry powder, cayenne, vegetable stock and coconut milk. Bring to a simmer then reduce heat slightly and continue cooking for 10-15 minutes.
4. Serve over coconut quinoa (see other options below in notes) and garnish with fresh lemon juice and herbs.



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 crudité's 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





EDIBLE BEAUTY
AUSTRALIA

www.ediblebeautyaustralia.com
PURE · BOTANICAL · LUXURY

 /ediblebeautyau
 @ediblebeautyau
 @ediblebeautyau