

**The Edible Beauty
Anti-Ageing Skin Guide**

Your Inside-out Plan for Ageing Skin

EDIBLE BEAUTY
AUSTRALIA



Your complexion says a lot about your overall health. Unlike the internal signs of ageing, which may not be visible, skin shows the passing of time and is a mirror to what is going on inside. With age, skin becomes thinner and more fragile. Fine lines and wrinkles appear. Loss of elasticity, sagging, dullness and hyper-pigmentation are also associated with getting older. While you can't halt the natural ageing process entirely, the good news is you can definitely slow it down through a combination of preventative measures, topical treatments and lifestyle factors.

Every woman deserves glowing, youthful skin that's bursting with vitality. Consider this your inside-out skincare guide to harness the natural fountain of youth.



Outside

Stage 1:

A targeted topical regimen is essential in turning back the clock on your complexion.

- **Balance:** Cleansing is one of the most important parts of your daily skincare routine. 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 Zizyphus, brightening Fruit Extracts and Salicylic Acid, which purifies without stripping natural oils.

- **Plump and smooth:** Hyaluronic Acid is a major component of the extracellular matrix. It's also a key ingredient in our *No.3 Exotic Goddess Ageless Serum*. The "moisture molecule," as it's lovingly known, in conjunction with Beta Glucan helps plump skin by attracting 1,000 times its weight in water. This antioxidant-rich elixir also features White Tea, Edelweiss and Kakadu Plum (the world's highest plant-based source of vitamin C) to smooth and strengthen.
- **Firm and protect:** 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:

As you age, your cellular turnover slows down. The goal is to speed up this action, while nourishing skin with youth-boosting vitamins and nutrients.

- **Encourage cellular renewal:** Slowing of the epidermal turnover rate contributes to dullness, loss of fullness and sagging. The secret to healthy, youthful skin is 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 anti-ageing ingredients are penetrating deeply into the skin to work their magic.
- **Nourish:** Slow down cellular ageing for a firm and supple complexion with our *Deep Sea Collagen Elixir Booster Serum*. This elixir of youth infuses the skin with a synergistic blend of Collagen Protein along with Sea Botanicals, abundant in anti-ageing Vitamins, Amino Acids and naturally occurring Peptides. Combined with Seaweed Leaf and antioxidant-rich Purslane and Lychee Extract, this plant-based collagen formula deeply replenishes hydration, lifts the skin and softens line lines to unveil a youthful glow.



- **Infuse skin with anti-ageing ingredients:** Sheet masks are a great way to keep your complexion smooth and youthful. They form an occlusive barrier, allowing anti-ageing botanicals to quickly and deeply penetrate the skin. *Bloom of Youth Infusion Mask* is packed with Hyaluronic Acid to plump and hydrate, while silica-rich Bamboo Extract firms and strengthens the skin barrier. Swertia Chirata is clinically proven to reduce the appearance of lines in as little as seven days. Use the mask once or twice weekly for maximum results.

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:

- **Synthetic fragrances:** Synthetic fragrances are a major source of irritation for most skin types and are shown to trigger redness and inflammation.
- **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.
- **Preservatives:** The types of 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 products stable.





Inside

Skin ageing is influenced by a combination of internal (endogenous) and external (exogenous) factors. Topicals alone won't solve the problem. What you eat plays a major role in establishing harmony from the inside, out. Here are a few naturopathic tips that will not only get your skin back on track, they will have you feeling energised and radiant!

- **Up your antioxidant intake:** Antioxidants work on both the inside and outside to protect the body against damage. Top antioxidant-rich foods include Maqui (in powder form, it's awesome in smoothies), Kakadu Plum, Hibiscus and Sea Buckthorn which can be found 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, flaxseed 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.

- **Increase resveratrol:** Resveratrol is a plant-produced antioxidant compound that supports collagen synthesis by protecting the dermal matrix from harmful intruders and improving the function of fibroblasts. While red wine does have resveratrol, if you really want to get your fix, we suggest filling up on blueberries, blackberries, raspberries and pomegranate.
- **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 - 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 pro-vitamin A. Rev up your vitamin C with Kakadu Plum, Macqui Berry and Hibiscus which you can 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.



Recipes





Breakfast

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
- ½ 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.

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
- 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.



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.



ROAST PUMPKIN SALAD WITH ROCKET AND WALNUTS

This salad is incredibly easy to throw together and makes a great lunch and dinner. The humble pumpkin is packed with vitamins C, E and all the B vitamins along with beta-carotene, alpha hydroxyl acids and various enzymes that offer incredible benefits for glowing and youthful skin. Walnuts are one of my favourite Omega-3 rich nuts. Omegas are essential when it comes to promoting supple 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
 - 1½ 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 and 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 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 springs 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 $\frac{1}{4}$ 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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