



**The Edible Beauty  
Clear Skin Guide**

Your Inside-out Plan for Acne-prone Skin

**EDIBLE BEAUTY**  
AUSTRALIA





While antibiotics and oral contraceptives can appear to improve breakouts, they often have undesirable side effects and in some instances may even mask the underlying cause of breakouts.

We believe in treating acne from inside and out. This guide addresses the main triggers of blemishes, which include clogged pores, diet and hormone imbalances. The beauty of this holistic routine is that it won't take long for you to reap the benefits. You can expect clearer, smoother skin with fewer breakouts in as little as two weeks.



## Outside

When treating acne topically (from the outside), the goal is to decongest pores, remove surface bacteria and balance oil production. Here are the products that should be in your anti-acne arsenal.

- **Cleanse and unclog:** Cleansing is essential to combating acne and oily skin, however the quality of your formula is critical. A gentle milky cleanser that is “non-foaming” is imperative when it comes to controlling acne. This means that skin is not stripped of its acid-mantle, which acts as a protective barrier against microbes and toxins that can trigger breakouts. Antimicrobial coconut oil is the base for our *No.1 Belle Frais Cleansing Milk*. It also contains salicylic acid, which helps to unclog pores and balance oil production. Citrus and fruit extracts help balance sebum levels, while Wattleseed refines pores and Camellia Seed Oil calms inflamed skin.
- **Target congestion:** Targeting congestion and reducing clogging of pores is the key to ensuring skin is kept clear of breakouts. Our *Turmeric Beauty Latte* is a booster serum designed to be used as a spot treatment, specifically on acne, cysts or congested areas to encourage clear and blemish-free skin. It is an overnight fix to congested and unhappy skin.



- **Hydrate and soothe:** Those with acne-prone complexions all too often skip moisturiser for fear that it will make skin greasy. However, it actually has the opposite effect. Proper hydration helps balance sebum production, ensuring that the skin doesn't overcompensate for dryness by producing excess oil. *& Soothing Nectar Hydrating Gel* is the perfect hydrator. It contains calming Aloe along with soothing botanicals such as Cucumber, Chamomile and Calendula. The gel provides oil-free hydration while healing, calming irritation, decongesting pores, and reducing the appearance of redness and scarring.

When oil production is balanced and pores are refined, our treatment goals turn to reducing the incidence of breakouts, purifying and nourishing.

- **Detoxify and control hormones:** An imbalance of hormones can often be what perpetuates the cycle of breakouts and clogged pores. Our *& Sleeping Beauty Purifying Mousse* is a detoxifying sleep mask designed for use three times a week. Australian pink clay and volcanic zeolite draw out impurities and unclog pores. Avocado oil penetrates to the deeper epidermis layers to stop the conversion of testosterone into DHT (one of the hormones responsible for overactive sebaceous glands), balance sebum production and reduce greasiness.
- **Exfoliate and purify:** Regular exfoliation purifies and keeps pores clean. Using a natural formula like *& Desert Lime Flawless Micro-Exfoliant* ensures skin is not stripped of its natural (beneficial) oils. Rice Enzymes and Wattleseed slough away dead skin, refine pores and promote cellular turnover, while Desert Lime increases hydration and supports collagen production.





## 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 acne-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. Unfortunately, it strips skin of its natural oils, causing overproduction of sebum, which can lead to clogged pores and breakouts.
- **Synthetic fragrances:** Synthetic fragrances are a major source of irritation for most skin types and are shown to trigger redness, irritation and inflammation.
- **Mineral oil:** Mineral oil is known to clog pores. It sits on top of the skin, creating a film that traps acne-causing dirt and bacteria beneath.
- **Alcohol:** Alcohol is an active ingredient in everything from cleansers and makeup removing wipes to acne treatments. The problem is that it's exceptionally drying and irritating. It breaks down skin's natural protective barrier and can actually exacerbate blemishes.
- **Silicones:** Silicones—found in many mattifying or smoothing products (e.g., primers, cosmetics and moisturisers)—can cause congestion and clogged pores.
- **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

Complexion woes are never just skin deep. Topicals alone won't fix 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!

- **Look after your liver:** The liver is one of the most important organs in dictating the health of our skin. Acne is a sign that your liver is overloaded with toxins. Drinking our *No. 1 Green Goddess Detox Tea* and taking our *Beauty Detox Shot* daily is an easy way to support this vital organ. These herbal elixirs contain an abundance of herbs including liver loving Dandelion and Burdock Root that work to detoxify and repair your liver, getting to the internal cause of your acne woes.



- **Stock up on fibre:** Clear skin starts with a healthy gut. Fibre is crucial for maintaining digestive function, balancing hormones and combating acne. Get your fix by making low GI fruits such as apples and pears, whole grains such as buckwheat and oats along with flaxseed part of your daily diet. I recommend taking at least 3 tablespoons daily, it is rich in lignans which bind and remove excess hormones.
- **Avoid sugar, dairy and alcohol:** Skin is very sensitive to changes in insulin. High levels stimulate sebum production, which leads to breakouts. Surges are triggered by consuming sugar, dairy and alcohol (hence why you often get blemishes after an indulgent weekend). If you reduce your intake of these foods, your skin will thank you. Stick to a low glycaemic index diet to improve blood sugar and insulin control. Consider herbs such as gymnema, goats rue and chromium for oily and acne-prone skin linked to PCOS and hormone imbalances.
- **Opt for functional foods:** Upping your intake of certain nutrients is a wonderful way to reduce acne. Here are three of our favorites:
  - **Zinc:** Not only is zinc responsible for moderating sebum levels, it's also effective at balancing hormones, regulating insulin and reducing the body's inflammatory response to bacteria. Zinc-rich foods include garbanzo beans, seeds (hemp, pumpkin, sunflower), oatmeal, tofu, and spinach.
  - **Vitamin A:** Vitamin A is crucial when it comes to a healthy complexion. It's responsible for the natural shedding of the skin cells, which helps keep pores clear. Up your dose of Vitamin A by filling your plate with pumpkin, sweet potato, carrot, apricot, squash and dark leafy greens.
  - **Fermented foods:** Probiotic-rich fermented foods are shown to improve acne by reducing inflammation and oxidative stress. Sauerkraut, miso and kefir are musts. You can also take a probiotic supplement to strengthen your microbiome.
- **Hormone harmony:** Regulating hormones is an important factor in controlling acne. Our *No. 4 Golden Glow Tea* contains red clover and licorice, which work to support hormone balance, plus lymphatic herbs burdock and cleavers to detoxify and cleanse. Upping your intake of fibre also helps.





## 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.

## 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.





## 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 tablespoon chia seeds
- 1 tablespoon sunflower seeds
- 1 tablespoon pumpkin seeds
- 1 tablespoon goji berries or pomegranate berries (optional)
- 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

### SPICY SESAME CABBAGE SALAD

Cabbage is a forgotten superfood but is an incredible vegetable for promoting clear skin. This comes from its high sulfur and antioxidant content, in particular vitamin C. Sulfur is critical when it comes to detoxing as it assists the liver in removing free radicals and excess hormones. The daikon radish is also a slightly unknown super food with one serve containing over a quarter of the daily requirement of vitamin C. It is also rich in an enzyme called digestive enzymes so will help you absorb the beauty boosting nutrition in this salad perfectly.

*Serves 2-3*

#### Ingredients

*For the salad:*

- ½ head of thinly sliced raw cabbage
- 1 carrot, grated or sliced finely on mandolin
- 1 daikon, grated or sliced finely on mandolin
- ½ raw beetroot, grated or sliced finely on mandolin
- ¼ red onion, thinly sliced (optional)
- 2 tablespoons fresh chives, chopped
- large handful of fresh coriander, chopped
- 1 tablespoon roasted cashews, chopped into small pieces

*For the dressing:*

- ¼ cup fresh lime juice
- 2 tablespoons diced shallot
- Pinch of stevia
- 1 teaspoon raw apple cider vinegar
- ¼ teaspoon ground ginger
- ¼ teaspoon sea salt
- ½ teaspoon of toasted sesame oil, or to taste

#### Instructions

1. Place the cabbage, carrots, daikon, beetroot and herbs in a large bowl. Set aside.
2. Crush cashews by placing in a zip lock bag and smashing them with a mallet. Set aside
3. Combine all dressing ingredients in a small bowl and whisk until blended.
4. Top salad with chopped cashews
5. and additional coriander.
6. Serve on a bed of brown rice or ¼ cup of kelp noodles or rice noodles (if you are craving something starchy).



## 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.





## 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  $\frac{1}{4}$  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








**EDIBLE BEAUTY**  
AUSTRALIA

**[www.ediblebeautyaustralia.com](http://www.ediblebeautyaustralia.com)**

PURE · BOTANICAL · LUXURY

 /ediblebeautyau  
 @ediblebeautyau  
 @ediblebeautyau