



nama®

glow up

skin health + juicing

a guide to juicing for healthy skin



Nutrient-dense fruits and vegetables help feed your skin from the inside out, starting at the cellular level. These vibrant foods help your body repair and regenerate cells more efficiently thanks to their abundance of phytonutrients, minerals, and antioxidants.

THE CONNECTION BETWEEN DIET AND SKIN HEALTH

Your skin is a great reflection of your overall health. If you want to maintain a glow, feel radiant, and enjoy a healthy complexion, you need to nourish your skin in the same way as your other organs with a diet full of fruits and vegetables.

WHY JUICING IS BENEFICIAL FOR SKIN

Juice offers an easy, effective way to incorporate more essential nutrients into your daily routine. It provides the body with a concentrated dose of beneficial compounds that promote skin rejuvenation, hydration, and overall appearance. Research shows that plant-based foods are rich in bioactive compounds, which promote structural support of the skin.



For example, carrots, sweet potatoes, and dark leafy greens are rich in beta-carotene, a precursor to vitamin A, which drives cell turnover and reduces the appearance of wrinkles and fine lines. Think of it as the vitamin that helps keep your skin feeling smooth.

VITAMIN A

Helps your skin feel smooth

Carrots, Sweet Potatoes, Leafy Greens

Another important skin nutrient is vitamin C found in juice ingredients like oranges, red peppers, and kiwis. This essential vitamin is known to help boost collagen production, which helps to maintain skin elasticity and prevent wrinkles. Other skin superfoods include berries, apricots, beets, and tangerines.

VITAMIN C

Helps maintain skin elasticity

Oranges, Red Peppers, Kiwis



Juices are also packed with significant minerals for healthy skin. Spinach is full of zinc, which aids in wound healing and controlling sebum, a natural oil in skin that contributes to acne. Potassium is present in leafy greens, carrots, beets, and pomegranates, and this mineral helps prevent dry skin and promotes faster cell renewal.



ZINC

Aids in wound healing

Spinach



POTASSIUM

Helps prevent dry skin

Greens, Carrots, Beets, Pomegranates

the inside-out approach to skin health



A well-balanced diet full of colorful, fresh foods along with adequate daily water consumption can promote healthy skin, reduce inflammation, and even help prevent signs of early aging. Nutrient-rich foods are the building blocks for healthy skin cells.

Nourish from the inside out

Get nutrients from foods, rather than supplements, creams, or ointments. The micronutrients in food are the most powerful way to keep your skin healthy.

And the outside in

Your skin absorbs what you put on it. If you wouldn't put something in your mouth, don't put it on your body either. Natural, fresh ingredients can help your skin flourish.





INFLAMMATION

The underlying cause of many chronic issues and diseases is inflammation. It can show up in your skin as redness, puffiness, rashes, or even swelling. Other clues that you might be dealing with inflammation include fatigue, weight gain, achy joints, or headaches.

The foods you consume (and avoid) help soothe and prevent inflammation. Adopting an anti-inflammatory diet can be a great first defense. That means both staying away from processed foods with excess sugar, salt, and fat, while focusing on adding in more real, whole foods. These small steps can help clear up skin, reduce joint pain, improve sleep, and help with weight loss—all signs of inflammation.



One study found that women who followed a Mediterranean diet had significantly lower risks of developing skin cancer than those who did not. The authors hypothesized that the diet's anti-inflammatory effects may have played a role.

CHRONIC INFLAMMATION is a huge contributor to disease. Many skin conditions such as acne, eczema, and rosacea are connected to poor dietary choices and inflammation.

PSORIASIS also has ties to systemic inflammation. One study highlights how those dealing with this itchy skin condition have increased risk of metabolic disorders such as diabetes due to inflammation in the body.

ACNE breakouts are triggered by hormonal fluctuations, an inflammatory skin response. Puberty, pregnancy, menstruation, and declining reproductive hormones during menopause are all times when women may experience more breakouts. Four vegetables that can help include broccoli, kohlrabi, cabbage, and carrots, as they support estrogen clearance via detox pathways in the body, according to Abby Hueber, an integrative functional dietitian.

Many fruits and vegetables have powerful anti-inflammatory properties. Certain juicing ingredients, such as **turmeric**, **ginger**, **pineapple**, **citrus**, and **leafy greens**, contain natural compounds that can help the body find balance and heal. These anti-inflammatory ingredients can help reduce redness, puffiness, and other skin irritations.





HYDRATION

Juices help hydrate the body. While drinking the right amount of water each day is a crucial step in getting enough fluids, juices provide extra electrolytes that can unlock deeper hydration at the cellular level.

Cellular hydration happens when electrolytes and fluids enter the lining of cells and blood vessels, helping cells maintain both their shape and function.

Many fruits and vegetables used in juicing, such as beets, carrots, and celery, are high in water and minerals, proving to be a valuable combination. Staying hydrated is crucial for maintaining skin elasticity and suppleness.

Water and water-rich foods, like fruits and vegetables, are the best ways to hydrate. Some of the most hydrating, mineral-rich juice ingredients include celery, citrus, cucumber, grapes, lettuce, pineapple, and watermelon.

Be mindful that caffeinated drinks can cause you to lose fluids. If you struggle to drink enough water or feel thirsty throughout the day, consider monitoring your fluid intake with a water bottle or mason jar so you can keep track of how many ounces you have consumed. Everyone is different, but aim for 30 to 40 ounces before noon and another 30 to 40 ounces by dinnertime. Be mindful of water consumption before bed so you don't interrupt your sleep with trips to the bathroom.

Drinking a tall glass of water and a refreshing fruit-and-vegetable juice first thing in the morning can offer you a huge jumpstart to the day. Don't forget to add a little sea salt to your water and juices for even more minerals. Research shows that sodium and potassium in salt help enhance hydration.



GUT + SKIN CONNECTION

The microbiome is the collection of microbes that live on your body and inside of you. Although microbes are tiny, they contribute in big ways to your health and wellness.

Certain chronic skin disorders such as psoriasis, atopic dermatitis, and acne may benefit from focusing on your gut health. In fact, many skin conditions stem from an imbalance in the body's microbiome.

Studies show that intestinal microbiota can influence skin health, demonstrating the existence of a gut–skin axis. In a 2023 review, researchers discovered that probiotics are particularly beneficial for skin health, helping improve conditions like acne, psoriasis, wound healing, and other skin issues.

By maintaining a balanced microbiome, probiotics help soothe irritation and regulate the skin response to triggers like UV rays and pollution. They also stimulate skin cell turnover, promoting brighter-looking skin. Probiotics have also been shown to decrease skin's water loss, enhancing overall hydration.



ANTI-AGING + ANTIOXIDANTS

When it comes to aging, antioxidants are powerful partners in preventing and slowing skin cell damage. They are found in many plant foods and help neutralize unstable molecules and reduce their ability to cause damage. These unstable molecules are called free radicals, they can be created when digesting food, and also after exposure to environmental toxins like air pollutants or ultraviolet light. Free radicals can damage DNA and increase your chances of developing health problems, as they cause oxidative stress in the body.

Blueberries are a great example of a superpower food loaded with antioxidants. These dark-colored berries, along with blackberries, raspberries, and cranberries, contain a concentrated amount of antioxidants such as flavonoids, anthocyanins, and vitamin C. These nutrients help fight oxidative stress and reduce cellular aging.

FLAVONOIDS, in particular, are a type of phytochemical that contribute to the vibrant colors of many fruits and vegetables, which is why it is so important to eat and drink a rainbow of plant foods. As a bonus, one review found that flavonoids also have antibacterial and antiviral properties that can help prevent and fend off infections.





juice recipes for healthier skin



* These juices are not guaranteed to address specific skin concerns. Maintaining healthy skin requires a balanced diet, proper hydration, and overall self-care. While certain ingredients in these juices are known to support skin health and may help with specific skin issues, individual results can vary. Always consult with a healthcare professional for personalized advice and to address any underlying skin conditions.

clean + clear

for acne-prone skin

This juice is low in sugar and further helps balance blood sugar levels with the addition of lemon, shown to slow the absorption of sugar. Beta-carotene in fresh herbs supports skin healing. Celery and cucumber provide essential hydration. Chlorophyll in herbs like mint and cilantro support detoxification pathways and contain natural antibacterial compounds. Apple is rich in pectin, a prebiotic fiber that supports gut barrier function, helping reduce overall inflammation.



ingredients

MAKES: 16 OUNCES

4 celery ribs

1 medium cucumber

1 green apple

1/2 lemon, peeled

1/2 cup mint leaves

1/2 cup cilantro,
leaves + stems chopped

directions

Wash all produce well.

Cut celery, cucumber, apple, and lemon into chunks and add to the juicer along with the mint and cilantro.

Juice, and enjoy.



beauty boost

to help with aging and fine lines

This antioxidant-rich juice protects skin cells from damage and improves elasticity and collagen production while supporting hydration for plump skin. Red grapes contain resveratrol, a powerful antioxidant linked to healthy aging. Cucumber hydrates the skin and balances the other ingredients. Lime and grapefruit provide vitamin C to support collagen production and balance out the earthy flavor of cabbage. Red cabbage is rich in anthocyanins that protect skin from free radical damage, preventing wrinkles and fine lines.

ingredients

MAKES: 16 OUNCES

1/4 red cabbage

1 medium cucumber

1 cup dark red grapes

1/2 grapefruit, peeled

1/2 lime, peeled



directions

Wash all produce well.

- Cut cabbage, cucumber, grapefruit, and lime into chunks and add to the juicer along with grapes.

- Juice, and enjoy.

green harmony

for hormone-balancing

This chlorophyll-rich juice is packed with hormone-balancing ingredients. Swiss chard and broccoli provide magnesium and sulfur compounds to support detoxification and hormone regulation. Ginger lowers inflammation-stabilizing cortisol levels. Lemon helps maintain the vibrancy and health properties of the leafy greens while supporting blood sugar balance and collagen production. Fennel contains natural phytoestrogens that help balance hormones and protect from environmental estrogens that can aggravate skin conditions.



ingredients

MAKES: 16 OUNCES

6 large Swiss chard leaves*

1 cup chopped broccoli

1 green apple

1/2 fennel

1/2 lemon, peeled

1-inch piece ginger



directions

Wash all produce well.

- Remove the hard core from fennel.

- Cut all produce into chunks and add to the juicer.

- Juice, and enjoy.

* Substitute chard with any other leafy green, such as spinach, kale, or bok choy.



orange appeal

for glowing skin

Orange foods are rich in beta-carotene, the precursor to vitamin A, which is essential for skin renewal and repair. Regular intake of beta carotene-rich foods has been shown to give the skin a natural warm “glow” due to its pigmentation effects. Additionally, beta-carotene is an important antioxidant that stores in the skin, protecting it from free radical damage. Vitamin C in oranges is essential for collagen production, helping improve overall appearance and hydration. Ginger’s anti-inflammatory action helps to clear redness or irritation while boosting circulation to promote a natural glow.



ingredients

MAKES: 16 OUNCES

- 2 medium carrots
- 1 large orange, peeled
- 2 nectarines, pitted
- 1-inch piece ginger

directions

Wash all produce well.

- Cut carrots, oranges, nectarines, and ginger into chunks and add to the juicer.

- Juice, and enjoy.

electric sunshine

for hydration

This hydrating juice helps to retain moisture in the skin, improve the skin barrier, and helps contribute to overall skin health and appearance. Parsnips are rich in potassium to help maintain water balance, while cucumbers and romaine have a high-water content preventing dryness from within. Pineapple is high in vitamin C, enzymes, and antioxidants that support the skin barrier function, preventing moisture loss.





* Use this pulp for face mask recipe on page 36.

ingredients

MAKES: 16 OUNCES

1 medium parsnip

2 small cucumbers

6-8 large romaine lettuce leaves

1/2 lime, peeled

1 cup pineapple chunks

1/2 cup mint

directions

Wash all produce well.

Cut parsnip, cucumbers, lettuce, and lime into chunks and add to the juicer along with pineapple and mint.

Juice, and enjoy.

active recovery

for de-puffing

Watermelon's high-water content helps flush out excess fluid, reducing puffiness. Strawberries are packed with antioxidants that protect skin cells from damage, which can contribute to inflammation. Celery has natural diuretic properties, helping to reduce water retention. Ginger stimulates circulation, clearing excess fluid and directly reducing inflammation that may lead to puffiness.



ingredients

MAKES: 16 OUNCES

10-12 strawberries

2 celery ribs

1/2 lime, peeled

1-inch piece ginger

2 cups cubed watermelon



directions

Wash all produce well.

- Cut strawberries, celery, lime, and ginger into chunks and add to the juicer along with watermelon.

- Juice, and enjoy.

cucumber enhancer

collagen-boosting

This juice aims to support production of collagen, protect against collagen degradation, and support hydration. Cucumber contains silica to support collagen formation; arugula contains beta-carotene and other antioxidants to protect collagen from degradation. Tangelos are packed with vitamin C to support collagen synthesis. Lemon helps maintain the vibrancy and health properties of the juice.



ingredients

MAKES: 16 OUNCES

1 cucumber

1 cup packed arugula

3 tangelos, peeled

1/4 lemon, peeled

directions

Wash all produce well.

- Cut cucumber, tangelos, and lemon into chunks and add to the juicer along with arugula.

- Juice, and enjoy.



pom-beet brightener

for reducing dark circles

Beets are rich in nitrates, which along with ginger help improve blood flow and reduce dark circles caused by poor circulation. Pomegranate, packed with polyphenols and vitamin C, helps tone the skin and support its structural integrity. Apples contain quercetin, a natural antihistamine that may alleviate allergies contributing to dark circles. The anti-inflammatory properties of both ginger and pomegranate help reduce swelling and prevent collagen breakdown. This juice is also high in essential nutrients, like iron and vitamin C, which can help prevent dark circles caused by mineral deficiencies in the diet.

ingredients

MAKES: 16 OUNCES

1 pomegranate

1 ruby red grapefruit, peeled

1 medium beet

1 pink lady apple

1/2 inch piece ginger



directions

Wash all produce well.

Remove seeds from pomegranate.

Cut grapefruit, beet, apple, and ginger into chunks and add to the juicer along with pomegranate seeds.

Juice, and enjoy.

* Pulp can be dehydrated in a low oven and used as an antioxidant-rich facial scrub. See Face Scrub Recipe on page 35.





go with your gut

for gut balancing

This juice has ingredients that support beneficial gut bacteria, reduce inflammation, and improve gut function, supporting skin health from within. Celery helps to alleviate bloating while providing essential hydration to prevent sluggish bowels. Pineapple and kiwi contain enzymes such as actinidin and bromelain that help support digestion and improve nutrient absorption. Lemon and ginger work together to reduce gut inflammation and promote healthy gut motility.



ingredients

MAKES: 16 OUNCES

2 celery ribs

2 kiwis, peeled

2 cups fresh pineapple chunks,
core included

1/2 lemon

2-inch piece ginger

1 tablespoon chia seeds, optional

directions

Wash all produce well.

Cut celery, kiwis, lemon, and ginger into chunks and add to the juicer along with pineapple.

Juice and stir in the chia seeds, if using. Enjoy!

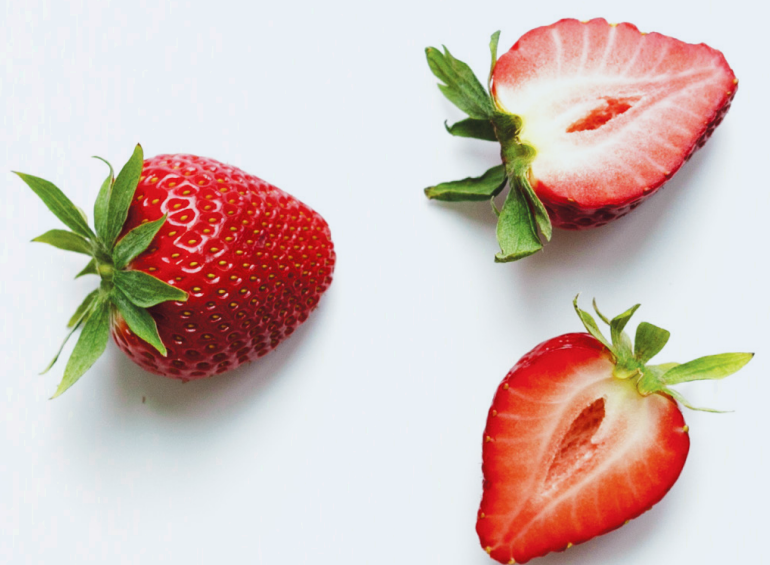
* Add 1 to 2 inches of turmeric to further boost the gut-healing properties.



carrot papaya

for skin cell renewal

The ingredients in this juice encourage cell turnover, repair cell damage, and promote overall skin structure. Strawberries and citrus are rich in vitamin C, boosting collagen production and repair. Carrots are one of the best sources of beta-carotene, the precursor to vitamin A, promoting cell growth, repair, and protecting skin from damage. Turmeric adds a boost of anti-inflammatory properties to encourage healthy cell function. Papaya is also rich in beta-carotene and other antioxidants to protect skin cells from free radical damage, aiding repair and regeneration.



ingredients

MAKES: 16 OUNCES

1/2 papaya, seeded

10-12 strawberries,
leaves removed

2 small mandarins

1 medium carrot

2-inch piece turmeric,
peeled



directions

Wash all produce well.

•
Cut papaya, strawberries,
mandarins, carrot, and turmeric
into chunks. Add to the juicer.

•
Juice, and enjoy.

* The ingredients in this juice create a creamy, smoothie-like consistency. If you prefer a thinner juice, add a little water or coconut water.

pulp recipes for face masks and scrubs



soothing face scrub

using the pulp from
pom-beet brightener juice

directions

1. Mix 1/4 cup of pulp from Pom-Beet Brightener with 1 teaspoon of room temperature coconut or olive oil.
2. Apply the mixture to your face with a little bit of water and then rinse. Raw honey can also be used in place of coconut oil if you prefer honey.





hydrating face mask

using the pulp from
electric sunshine juice

directions

1. Mix 1/4 cup of pulp from Electric Sunshine Juice with 3 teaspoons of yogurt, honey, agave, or date paste.
2. Apply the mixture on your face and leave it on for up to 15 minutes.
3. Rinse off the mask with warm water and follow your usual skincare regimen.



renewing face mask

using the pulp from
carrot papaya juice

directions

1. Mix equal amounts of pulp and olive oil, avocado, or coconut oil, about one tablespoon each.
2. Add 1-2 tablespoons of honey to create a sticky thick paste. You can also use agave or date paste in place of honey.
3. Apply the mixture to the face and leave on for up to 15 minutes.
4. Wash with warm water and follow your usual skincare routine.



juicing glow ups

community
spotlight from
our glowing
ambassadors





BRIANA STEWART, BSN, RN
@BRIANALEIGH_23
YouTube: @LifeWithBrianaLeigh

Q: What's your skin story? Struggles and successes?

Briana: I have always loved skin care and have had many trials and errors with trying the wrong products and also not paying attention to my diet and how it affects my skin. In 2023, I decided I truly wanted to improve my skin. I was already juicing, so at least I had that going well for me. However, I noticed that I would have a few breakouts here and there, congested skin, and dry skin that lacked a glow.

That same year, I teamed up with an esthetician that not only made sure that I used the correct products, but also pointed out dietary changes that I would need to make on top of juicing and skincare to help me improve, which included paying attention to my gut health and eliminating or reducing dairy. I am now dairy free but may indulge if it's a special occasion.

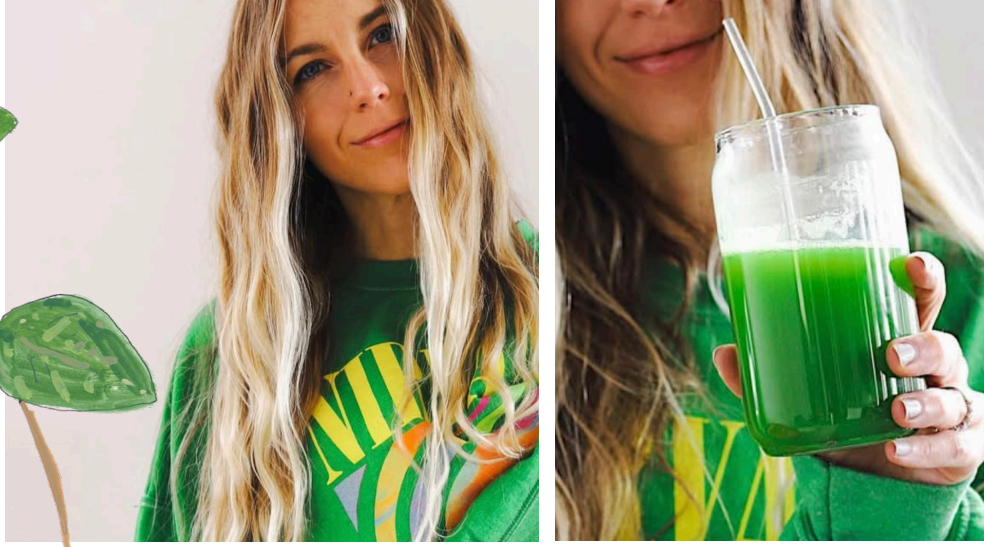
Q: How has juicing helped your skin?

Briana: Juicing has helped my skin tremendously! I am often stopped and asked about my skin regimen and diet. I mentioned before how my skin was dry and lacked a glow. However, I researched and learned how to hydrate my skin from within with ingredients like watermelon, cucumber, pineapple, honeydew melon, and more.

Q: Can you share your favorite juice recipe or ingredient that you recommend for skin health?

Briana: One of my most popular juicing recipes is my watermelon and pineapple juice, which has gone viral. Not only does it taste amazing, but it also has amazing benefits that hydrate your body from the inside and out, and will give your skin a healthy and youthful glow—and it is affordable.

It is quick and easy to juice and is something that many people are able to enjoy.



ASHLEY DABROWSKI, @JUICINGBLONDE

Q: What's your skin story? Struggles and successes?

Ashley: My skin journey began in my 20s when I was diagnosed with perioral dermatitis, an unsightly rash around the mouth, nose, and eyes. My doctor was quick to prescribe antibiotics, but when I asked about behavior changes I could make, all he suggested was cutting out fluoride and sodium lauryl sulfate (SLS)-containing toothpastes, which sadly did not help me.

Feeling a bit desperate, I took the antibiotics, and the rash cleared up quickly. Spoiler alert: When I stopped the meds, the rash returned with a vengeance. Determined not to be reliant on pharmaceuticals for the rest of my life, I began focusing on healing the root cause rather than masking symptoms. After extensive research, trial, and error, I've learned that what I put into and onto my body has a direct impact on my skin health. Non-toxic skincare, unprocessed foods, and daily juicing are key to keeping my skin clear and glowing.

Q: How has juicing helped your skin?

Ashley: I begin every day with a green juice, and it has been nothing short of a miracle for my skin. The consistent high dose of vitamins, minerals, and antioxidants from cold-pressed juice tamed the inflammation in my body, giving my skin the chance to heal itself. Greens are particularly effective at detoxifying and flushing out toxins that can contribute to skin issues and breakouts. Healthy skin absolutely starts from within.

Q: Can you share your favorite juice recipe or ingredient that you recommend for skin health?

Ashley: My go-to skin ingredients are celery, kale, cilantro, spinach, and aloe vera. Pro tip: Apply the gel from a fresh aloe leaf directly onto your skin. My favorite juice for a healthy complexion is: 5 celery ribs, 1/2 cucumber, 1 Granny Smith apple, 3 leaves of dino kale or 1 cup of spinach, 1/2 lime with peel, 1/2 bunch of cilantro or parsley, and 5 fresh mint leaves.



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