



Ricardo Riskalla is one of Australia's leading Fitness and Health experts. Contacting Ricardo is the first step to living a healthy lifestyle.

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HOW TO

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DRINK YOUR WAY TO GLOWING SKIN: THESE SUPPLEMENTS BEAUTIFY FROM THE INSIDE OUT

By this stage, it's fair to assume that even the least beauty literate among us knows that the hardest-working topical skincare can't achieve absolutely everything we might want it to. Good skin is an inside-out affair, and brands are thankfully catering to our desire to expand our beauty routines outside the confines of our bathroom.

Today, I'm chatting some of my favourite supplements, specifically those you can drink. While I do take supplements as tablets and capsules, these products make getting your 2L of water a day more fun, and, while it's not an issue for me, some people have issues swallowing tablets so these are a good alternative.

It's important to note that there are questions around efficacy. How much benefit can an ingestible product actually provide, and will those superfood ingredients translate to healthier skin? As with so much in the beauty space, there is no total consensus: experts argue that they are either totally essential or a waste of hard-earned money.

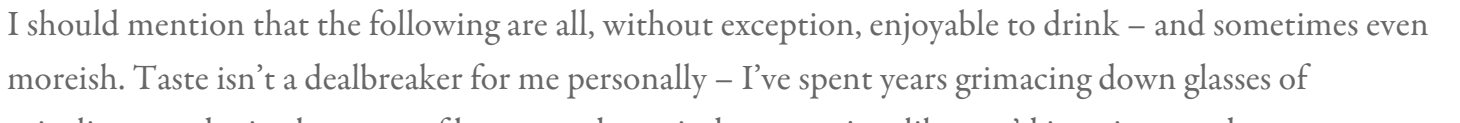
I asked **celebrity personal trainer Ricardo Riskalla** for his take. "Beauty supplements can certainly work," he shares – as long as they're good quality from reputable companies. Ricardo likes "spirulina, trans-resveratrol, vitamin C, vitamin D, fish oil, hydrolysed peptides from bovine collagen, vitamin A, and many more prescribed according to one's needs and requirements." As to format, Ricardo explains:

"Some supplements are better in pills and capsules format, due to their taste." However, he shares that powders can be preferable for larger doses of an ingredient, which would be near impossible to comfortably consume in table or capsule form.

All in all, it's fair to assume that choosing some high-quality ingredients, targeted to your exact concerns or deficiencies, will have a positive effect on your wellbeing – and even more so when in supplementation to a healthy lifestyle and diet.

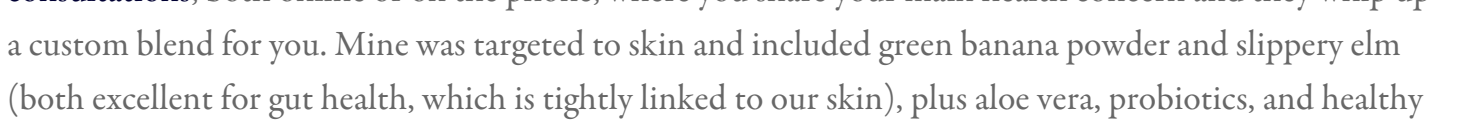
I should mention that the following are all, without exception, enjoyable to drink – and sometimes even moreish. Taste isn't a dealbreaker for me personally – I've spent years grimacing down glasses of spirulina powder in the name of beauty and, yes, it does taste just like you'd imagine pond scum to – but I recognise that delicious-tasting formulas certainly help make the whole process more enjoyable.

Personalisation is where it's at in the beauty space; consumers are no longer content to accept a one-size-fits-all model, and beauty powders haven't been spared the bespoke approach. **Golden Grind offer consultations**, both online or on the phone, where you share your main health concern and they whip up a custom blend for you. Mine was targeted to skin and included green banana powder and slippery elm (both excellent for gut health, which is tightly linked to our skin), plus aloe vera, probiotics, and healthy fats.



I never thought protein powders were for me, assuming they were the preserve of body builders or professional athletes. So I was surprised to find myself reaching for **Honne's Cacao Green Super Protein** as much as I do. I love it stirred into water as an afternoon snack and it is genuinely delicious, not unlike chocolate milk; but taste aside, the plant-based blend features a host of beautifying ingredients (like organic greens and adaptogens) that elevate it from just another protein powder. An elegant option if you're looking for extra protein for your morning smoothie or post-workout.

Skin Physics have recently launched ingestible powders to complement the topical skincare they're best known for. **Their antioxidant powder** helps strengthen the body's natural defence system to protect against the barrage of free radical damage we're subjected to daily at a cellular level. Pair it with antioxidant-rich skincare (and, of course, SPF) for a solid defence system both inside and out.



Hyaluronic acid is almost exclusively known for plumping skin topically, famed for holding 1000x times its weight in water. In a unique formulation, Vida Glow have cleverly harnessed its hydrating properties with **their Hyaluronic Complex**, to give glow from the inside out. Literally an 'ingestible serum', it contains 100mg of hyaluronic acid at a particularly low molecular weight, which offers the best bioavailability. Alongside the dose of HA, it contains eight other heavy-weight ingredients like coenzyme Q10 (a powerful antioxidant) as well as vitamin C, zinc, and biotin.

This isn't your run-of-the-mill vitamin C supplement. **Locako Native Vitamin C** is formulated with some choice superfood ingredients, including Australian botanicals Davidson plum and Kakadu plum – the latter of which boasts one of the highest amounts of vitamin C in nature. Camu camu, another potent vitamin C source, also makes an appearance (Miranda Kerr adds it in powdered form to her smoothies). All of which delivers 200% of your recommended daily intake of vitamin C in one glass.



Story by Tess de Vivie de Régie. Holding shot from Elle France.