



THE PRO

Shadoh Punnapuzha,
Ayurvedic beauty expert and founder of Arya Essentials

THE HOLISTIC APPROACH

"Beautiful skin comes from healthy living," Shadoh Punnapuzha says. "The women in India appear ageless—that's from eating fresh, unprocessed foods rich in antioxidants; using natural

ingredients on their skin; and meditating to reduce cortisol levels and inflammation, which prematurely age every cell in the body." She shares her best tips to age-proof your skin from the inside out.

LEMON WATER

"Lemon water is my panacea for everything. I drink 10 to 12 glasses of filtered water with fresh lemon every day for its alkalizing benefits. Acidic foods are shown to age us, but when our cells are alkaline, they



function more optimally. Our bodies are better able to process and absorb nutrients, and in turn, deliver them to the skin."

GREEN VIBRANCE

A scoop of Green Vibrance from Vibrant Health (\$29.95, vibranthealth.com) mixed with lemon water: "I've been drinking greens every morning for 14 years—it energizes me, boosts digestion, and makes my skin look healthy and bright. This blend has probiotics, enzymes, and natural sources of fiber for a true detoxifying effect. It's also alkalizing and high in beta-carotene and folate, which help repair the skin."

FENNEL TEA

"This is something I grew up on—it's the norm in many households in India because of fennel seeds' digestive qualities. Fennel seeds offer amazing effects for the skin, too. They're antiseptic and loaded with antioxidants. They're traditionally used to help prevent acne and cell damage while keeping the skin toned. I incorporate them into my anti-aging routine to delay the onset of lines and dark spots," she says.

AVOCADO

Avocado is "rich in healthy fatty acids, which help moisturize and soften the skin. My aesthetician actually told me how good avocados are for the skin, and now I snack on them daily—either by mashing them up, sprinkling on a little olive oil and sea salt, and scooping them up with gluten-free crackers or by serving them on the side of my eggs."

AYURVEDIC HYDRATING-BRIGHTENING FACE MASK

"This recipe came from my mother, who learned it from her mother," Punnapuzha says. "They'd make this mask once a week. The Fuller's Earth powder—or Multani Mitti, as we call it—is a mineral-rich clay traditionally used to clean the pores and detoxify. Avocado is extremely nourishing and great for preventing and reducing fine lines. Rose helps counter free-radical damage and balances the skin's pH. And orange is high in vitamin C and aids in collagen production, keeping skin bright and firm."

- ¼ avocado, mashed
- 2 Tbsp. Fuller's Earth (found on mountainroseherbs.com or starwest-botanicals.com)
- 1 Tbsp. rose hydrosol or rose water (at most health food stores or on mountainroseherbs.com)
- Juice of ½ an orange

Mix all the ingredients together, apply to skin for 15 minutes; rinse.

ANTI-AGING EXTRAS

Smooth, plump, and brighten your complexion with these editor's picks.



MASK

GlamGlow Flashmud Brightening Treatment, \$69; glamglowmud.com



EYE CREAM

Olay Eyes Ultimate Eye Cream, \$24.99; drugstores



LIP BALM

Fresh Sugar Nourishing Lip Balm Advanced Therapy, \$30; fresh.com



TOWELETTES

Pond's Evening Soothe MoistureClean Towelettes, \$4.69; drugstores