

# BEAUTY TIPS 101.

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## APRIL SHOWERS BRING... A HEALTHIER, MORE BEAUTIFUL YOU!

Everyone living in the Northern Hemisphere knows that April's plentiful spring showers are the precursor to beautiful summer flowers. However, not everyone realizes how much drinking water can do to provide health, beauty and vitality to your bodies!

Drinking six to eight glasses of water a day in order to receive its benefits while renewing and replenishing your skin may seem daunting at first, but the rewards are well worth the efforts.

### For example, staying properly hydrated can contribute to:

- A reduction in overeating at meals
- A complexion that is bright and healthy
- A reduction of dark circles under the eyes
- A reduction in excess water weight (bloat)
- A more efficient removal of body toxins
- An increase in energy
- An overall decrease in appetite

Not a big fan of plain tap water? There are an abundance of bottled waters available today in a wide variety of flavors - some alleging to provide vitamins, minerals, antioxidants, etc., that can make your daily intake of water more appealing and more appetizing.

A new twist on bottled water called BORBA Age Defying Skin Balance Water is infused with the acai berry, an Amazonian fruit rich in antioxidant flavonoids. BORBA claims to help you turn back the clock, sip by sip with a scientifically formulated blend of antioxidants and vitamins A, C, E, B3 and B6. Whether these added ingredients accomplish everything they claim to or not, if they get you to consume more water, they are beneficial indeed. For more information about BORBA, go to [www.borbaskinbalancewater.com/borba-age-defying-water.html](http://www.borbaskinbalancewater.com/borba-age-defying-water.html)

Not to be outdone, a UK company called Works With Water has developed a bottled water simply called Beauty, which claims to contain an ingredient that is clinically proven to clear acne. The ingredient, Praventin, is a bioactive protein rich in lactoferrin that supposedly works by inhibiting the development of the bacteria that cause acne and by reducing the inflammation associated with existing acne blemishes. It also comes in a beautiful bottle! For more information about Beauty, go to [www.workswithwater.co.uk](http://www.workswithwater.co.uk).



If drinking six to eight glasses of water per day is unappealing at first, build up your daily intake by starting with one to two glasses for your first two days. Increase to three glasses on your third day, working your way up to eight glasses.

### Try these tips to help add more water to your daily diet:

- Drink cold water from your favorite wine glass or hot from your prettiest mug.
- Start your day by drinking a hot glass of water with lemon juice to assist your body in removing toxins.
- Make it a habit to drink a glass of water with each and every meal and snack.
- For a refreshing pick me up, add lemon slices to crushed ice and water.
- Add fresh cucumber slices to a pitcher of water for a zingy, fresh tasty treat.
- Have a soothing hot mug of water or two with lemon before bed.