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5 Drinks That Will Make Your Skin Glow

Liz Ritter , Executive Managing Editor | April 20, 2015



Fresh-pressed [juices and smoothies](#) are still all the rage for full-body wellness. So why not drink one that also has some skin benefits? Here are five that will get you glowing.

Blossom Du Jour Coco Berry Detox

With four locations in Manhattan and a 100-percent vegan menu, Blossom Du Jour is a one-stop shop for healthy, delicious food. One of the favorites: The Tru Life Juice Cleanses, which offer everything from nut milks to [supergreen detox](#) blends. They don't currently deliver outside of Manhattan, but the restaurant recommends the Coco Berry Detox, a drink you can replicate at home by blending big-time antioxidants like strawberries, raspberries, mango, banana and young Thai coconut water.

The Beauty Chef Glow Inner Beauty Powder

Like the name suggests, this radiant-boosting tonic will work your skin from the inside out. The secret is powerful ingredients like [probiotics](#), prebiotics, berries, microalgae and many, many more, all of which go through a bio-fermentation process, which, according to the company, helps increase the efficacy. The end result is better digestion and a “cleaner gut,” which has a direct effect on skin. Just add to water or a smoothie.

Juice Press Fountain of Youth

According to Juice Press, this is consistently their most popular smoothie—so they decided to bottle it. It contains antioxidant-rich berries, the healthy fat of coconut oil and hydrating coconut water.

MoonJuice Coconut Keifer

Boasting three pounds of organic herbs, fruit and veggies in each bottle, the brightly colored blends at Venice, CA-based MoonJuice are the real deal for true health-food fanatics (fennel and frond, anyone?), but even first-timers can find plenty on the menu to help make the plunge into the world of juicing a little bit easier. For beauty benefits, try the Coconut Keifer, a mix of the always-hydrating ingredient of raw coconut water and probiotic cultures.

Terranea Resort’s Pineapple and Coconut

Terranea’s long list of customized nutritional smoothies (they all come with the option of adding in the power of Pure Inventions Green Tea drops, protein powder and artesian mineral water in the place of juice) are mainly geared toward full-body health or post-workout pampering, but the spa café’s Pineapple and Coconut concoction helps tackle dry skin and gets your metabolism moving with a tropical mix of pineapple juice, coconut milk, fresh pineapple chunks and a bit of agave nectar.