



Gulp Your Way Gorgeous

A New Way to Look at Beauty Regimens

+ Writing | Rebecca Brown

PLANTIDOTE MEGA-MUSHROOM BY ORIGINS

Put down the exfoliating mitts, cease and desist the aggressive circular motions and lend Dr. Andrew Weil your ears (and face). A new liquid, containing *Hypsizygus ulmarius*, Cordyceps, Lion's Mane Mushrooms, ginger and a few other ingredients, provides clients with a fast, easy and new approach to skincare. With just one dropper-full dispensed into the mouth daily, the Plantidote Mega-Mushroom Face Serum is a great way to treat and treasure any face.

.17 fl. oz. / 50 ml | \$35 available at www.origins.com

LIGHT WEIGHT BY FUNCTION DRINKS

A category everyone aspires to be grouped into, except for maybe boxers and rowers. This physician-developed diet drink not only tastes refreshing, but is based on the idea that consuming negative calories is key to weight management. Using EGCG, a green tea extract to increase calories burned and gymnema, which aims to limit the absorption of calories, this weight-loss tool couldn't be any easier. The only thing it doesn't have in it is someone to do sit-ups for you.

24 per case | \$36 available at www.functiondrinks.com

GUMMI BEAR BOOSTERS BY BORBA

Reminiscent of filling up a cellophane bag at the Sweet Factory, Borba gummi bears not only satisfies a sweet tooth but it has shown to help skin regenerate its natural support system. Made of Acai, green tea and grape extracts, each bear contains skin-nurturing antioxidants and bio-cultivated age fighters. Consuming at least six a day, Borba's Gummi Bear Boosters can help people achieve better looking skin with every chew.

136-count sack | \$25 available at www.borba.com

KERASTASE DENSITIVE

Although hair loss is something all women will never admit to being concerned with, it's there lurking behind every wall. Thanks to Kerastase, preventing (or treating) it has become as easy as swallowing a capsule. Their daily anti-thinning and hair loss dietary supplement is intended to help maintain scalp circulation so felines can continue to have gorgeous thick, dense and shiny hair. Made with Complexe amino-végétal, taurine, green tea and grape seed polyphenols, these tablets, taken with a meal for at least three months can help promote gorgeous hair.

60 tablets | \$60 available at www.kerastase.com