

12 Anti-aging Beverage Recipes For Glowing Skin & Vibrant Health



Anti-aging Smoothie, Juice & Tea Recipes To Delay The Aging Process

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12 Anti-aging Beverage Recipes for Glowing Skin and Vibrant Health

Aging is a natural process but there are several ways to delay the aging process. You are what you eat so if you include some Superfoods in your Diet then you will be able to see the difference for yourself. It will not only make you look better but will also improve your overall health and make you feel younger. Here are 12 Anti-aging Beverage Recipes that can help you achieve Glowing Skin and Vibrant Health.

Note: Always go for Organic Ingredients if you can because you wouldn't want to ingest harmful pesticides and other chemicals. You can skip Honey if you don't want your beverage to be Sweet. You can use Agave Nectar or Dates/Raisins. Always go for Unsulphured and Unsweetened Dried Fruits.

Feel free to modify the recipes with your Favorite Superfoods. I highly recommend adding Chia, Flax, Spirulina, Maca, Bee Pollen, Cacao, Goji Berry, Almond, Hemp or Coconut Butter, Mangosteen etc. You can just add 1 or 2 Superfoods to your recipe to make it a Powerful Anti-aging Beverage.

Apart from these Recipes you can make H₂O your Best Friend to delay the aging process because lack of Water can make your Body dehydrated and affect your health and skin.



Make-Me-Glow Super Berry Smoothie



Ingredients

*A Cup of Mixed Berries
A Cup of Greek Yogurt
1 Tsp. Organic Raw Honey
1 Tbsp. Coconut Oil
1/3rd Tsp. Bee Pollen*
Powder
Some crushed ice
* Don't use Bee Pollen if you are allergic to Bee Products*

Directions and Benefits:

Mix everything together in a Blender and serve.

Berries are rich in Antioxidants that help fight Free Radicals and delay the aging process. You can use a combination of Blueberries, Raspberries, Blackberries and Strawberries. Bee Pollen is a power-pack of nutrition that has been benefiting the health of some cultures for a long time. Both the ancient Chinese and Greeks used bee pollen in medicine. Bee Pollen also increases Fertility. Raw Honey (preferably Manuka Honey) is rich in Vitamins and Minerals that have amazing anti-aging benefits.



Rooibos and Cardamom Iced Tea



Ingredients

- 3 Rooibos Tea Bags
- 3 Crushed Cardamom Pods
- 1 Tsp. Lemon Juice
- 1 Tsp. Organic Raw Honey

Directions and Benefits:

1. Boil a cup of water and put 3 crushed Cardamom Pods. Put 3 Tea Bags, 1 Tsp. Lemon Juice and 1 Tsp. Raw Honey in a Cup and pour the water through a strainer. Remove tea bags when the tea is cold and refrigerate.

Rooibos is a South African Anti-aging Secret that has been used for centuries to fight aging. Its high anti-oxidant content makes it a perfect tea to delay the signs of aging like Wrinkles and Age Spots. Cardamom is an anti-aging Spice that contains an abundance of antioxidants, which strengthen the immune system and protects the body against aging.



Age Defying C-Juice



Ingredients

1 Guava

1/2 Cup Orange Juice

1 Kiwi

A Bunch of Parsley

5-6 Raisins

Directions and Benefits:

Kiwi, Guava, Parsley and Orange are all rich in Vitamin C. Papaya is rich in Enzyme called Papain and Pineapple is rich in Enzyme called Bromelain, that is why Pineapple and Papaya Facial Peel is so common in most of the Spas around the world because they can rejuvenate your skin and give it a healthy glow instantly. Parsley is another good source of Vitamin C which has more Vitamin C than an Orange (133 mg of Vitamin C in every 3.5 ounces compared to 53 mg in every 100gms of Orange).



Rose and Hibiscus Magic



Ingredients

1 Tbsp. Dried Rose Petals

1 Tbsp. Dried Hibiscus Petals

2-3 Slices of Lemon

1 Tsp. Organic Raw Honey

A Pinch of Cardamom Powder

Some Ice Cubes

Directions and Benefits

Boil 2 Cups of Water along with Rose Petals, Hibiscus Petals and Cardamom Powder. Let it boil for 5 minutes. Strain the water, add some Honey or any other Natural Sweetener. Chill it in the refrigerator and serve cold with a few slices of Lemon and Ice Cubes.

Hibiscus is rich in Alpha Hydroxy Acids and Vitamin C and is known as the Natural Botox Plant. It has an ability to tone and firm aging skin. Rose is another amazing anti-aging ingredient in this recipe that has an ability to regenerate and rejuvenate the skin by removing dead skin cells and give life and glow to aging skin.



Cacao and Date Smoothie



Ingredients

1 Cup Coconut Milk
1 Tbsp. Raw Cacao Powder
1 Tsp. Flax Seeds
1 Tsp. Chia Seeds
3 Pitted Dates soaked in water for about an hour
1 Tsp. Maca Root Powder
5-6 Drops of Vanilla Extract (optional)
Some Crushed Ice

Directions and Benefits:

Mix everything in a blender and serve.

This recipe is full of Superfoods like Cacao, Chia, Flax, Dates and Maca.

Pure Raw Cacao is an Antioxidant Powerhouse, Chia is the richest plant source of Omega 3, Flax is rich in Omega 3, Date is a healthy sweetener alternative which is rich in Iron, Fibre, Vitamins A, B, C and Proteins. Maca



Tropical Beauty



Ingredients

½ Cup Papaya
½ Cup Pineapple
1 Cup Coconut Milk
1 Tsp. Hemp Seed Powder
1 Cup Mango Cubes
(Optional)
5-6 Soaked Raisins

Directions and Benefits:

Mix everything together in a blender and serve.

Papaya is rich in Enzyme called Papain and Pineapple is rich in Enzyme called Bromelain, that is why Pineapple and Papaya Facial Peel is so common in most of the Spas around the world because they can rejuvenate your skin and give it a healthy glow instantly. Hemp seed is another Superfood which is rich in Essential Fatty Acids, Minerals and Vitamin E. Mango is rich in Vitamin A and C and is required for healthy skin. Coconut is a rich source of Lauric Acid which boosts immune system and clear up your skin. You can add Coconut Water, Coconut Flesh or Coconut Oil to any of your Smoothie Recipes to make it more delicious and get Glowing Skin.



Exotic Beauty Elixir



Ingredients

- 1 Cup Coconut Milk
- 1 Ripe Peach
- 5-6 Drops Vanilla Extract
- 1/3rd Tsp. Pure Pearl Powder
- 1 Tsp. Fresh Rose Petals
- 1 Tsp. Manuka Honey
- Crushed Ice

Directions and Benefits:

Blend everything together in a Blender and Enjoy!

Peach is good for sagging skin and (topical application can also tighten loose, sagging skin), Pearl Powder is a Chinese Beauty Secret and was used by Royals in China thousands of years back to keep their Skin Flawless and Glowing. Rose has been used in Ayurveda for thousands of years as a Beauty Aid. Be it Rose Water, Rose Essential Oil or Rose Petals Rose can give you a Beautiful Skin if used regularly. Vanilla an exotic spice that gives a new sense of beauty and freshness. It tightens the pores and protects against imperfections of the skin. Manuka Honey is another Wonder Food that can act as a Powerful Anti-aging agent.



Saffron and Orange Revitalizer



Ingredients

2 Cups Water
5-6 Strands Saffron
1/3rd oz (10gms) Dried
Orange Peel
A pinch of Nutmeg
1 tsp. Organic Raw Honey
Some crushed Ice if you
want to serve it cold.

Directions and Benefits:

Boil 2 Cups Water along with Dried Orange Peel, Saffron and Nutmeg Powder. Let it boil for about 5-6 minutes. You can add Honey and serve it hot or refrigerate it and serve it with some crushed ice if you want it cold.

Saffron is widely used in Middle East, Asia and some parts of Europe. It's the most expensive Spice in the World and has been used for centuries for culinary as well as medicinal purposes. Saffron is a Wonderful Anti-aging Spice because its rich in Antioxidants and Carotenoids such as Lycopene, Beta Carotene and Crocetin. Saffron has been used to treat many skin disorders for thousands of years and it's still being used in Commercial skin care products because it has an amazing ability to give a rosy glow to your skin. You can also add Saffron to your DIY Facial Mask Recipes to reap the anti-aging benefits. Orange is rich in Vitamin C and dried orange peel and Saffron together can revitalize you internally as well as externally.



Green Tea and Cinnamon Tea



Ingredients

- 1 Cup Water
- 1 Green Tea Bag
- 1 Cinnamon Stick
- 1 Tsp. Organic Raw Honey

Directions and Benefits:

Boil a Cup of water along with Cinnamon Stick and steep a Green Tea Bag once boiled. Add honey and enjoy!

Green Tea contains Antioxidant called polyphenols. Catechins are the type of polyphenols that seem to have the most potent antioxidant effects. Green Tea is also rich in Antioxidant Flavonoids that do wonders for your health. Cinnamon not only boosts circulation and gives you a healthy glow but also helps you lose weight.

Do not take Cinnamon if you are taking Blood Sugar regulating medication. Avoid Cinnamon if Pregnant.



Fountain Of Youth Cocktail



Ingredients

1 Cup Red Wine

½ Cup Grapefruit Juice

½ Cup Pomegranate Juice

Some Ice Cubes

Directions and Benefits:

Mix everything together and enjoy your Fountain of Youth Cocktail!

Red Wine is rich in Antioxidants called Resveratrol and it can protect your skin from harmful free radicals. Grapefruit and Pomegranate too are rich in Antioxidants and are often considered true Beauty Foods. Pomegranate and Grapefruit both work wonders on Adult Acne and also delay the aging process.



Ayurvedic Wisdom



Ingredients

- 2 Cups Water
- 1 Tbsp. Grated Ginger
- A Pinch of Black Pepper
- 1 Cinnamon Stick
- A Pinch of Cardamom Powder
- 1 Tbsp. Lemon Juice
- 1 Tsp. Organic Raw Honey

Directions and Benefits:

Boil 2 Cups Water and add the remaining ingredients except for Lemon Juice and Honey. Let it boil for 5 minutes. Strain and add Lemon Juice and Honey.

This is a Powerful Ayurvedic Detox and will not only give you Glowing Skin but also helps you Lose Weight and Boost your Immunity.



Go Green Smoothie



Ingredients

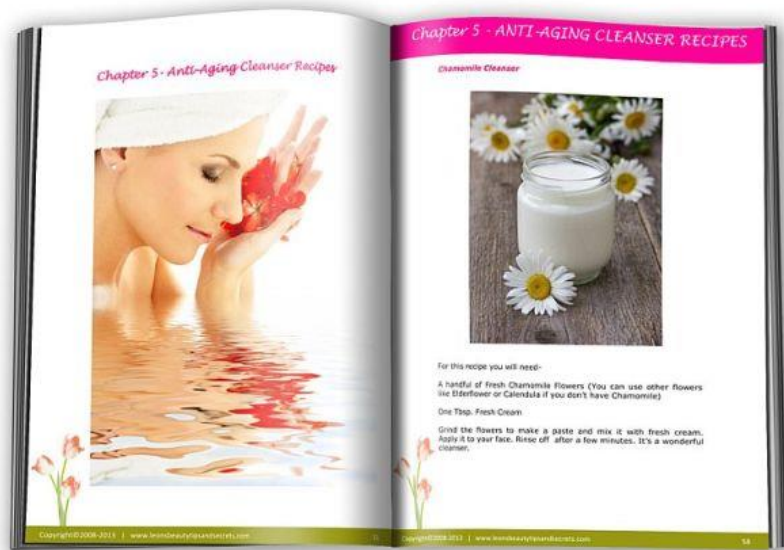
1 Cup Coconut Milk
½ Cucumber
A Bunch of Spinach
A Bunch of Parsley
1 Tbsp. Coconut Oil
1 Apple (Cored)
5-6 Raisins
Crushed Ice

Directions and Benefits:

Blend everything together and enjoy!

This Green Smoothie is a Wonderful Detox. It can fill up your tummy without depositing any fats in your body. People will definitely notice that extra Glow on your Face because this Smoothie is chock full of Antioxidants, Vitamins and Minerals required for a Healthy, Glowing Skin.





For DIY Anti-aging Skin Care Recipes Visit Leon's Anti-aging Beauty Secrets

<http://www.leonsantiagingbeautysecrets.com/>

Learn Facial Yoga to Reduce Wrinkles and Get Brighter, Glowing Complexion!

Learn which Foods, Herbs and Supplements make you Look and Feel Younger!

Make Your own Anti-aging Facial Masks, Toners, Cleansers, Serums and Eyelash Growth Serum!

Learn to Make Body Spa and Hair Spa Products and much more...

