



# Best Juice For Your Skin



## Ingredients:

6 stalks of celery  
1 cucumber  
Handful of spinach  
1 apple

## Juice ingredients.

Cucumber consists of over 90-percent water, it is a naturally cooling and hydrating food rich in minerals such as potassium, magnesium, and silica, which is believed to improve complexion and youthful radiance of your skin.