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.