



# 3 Essentials For Natural Beauty

## 1 Nutrition

A balanced diet rich in vitamins, minerals, and antioxidants can contribute to healthy skin, hair, and nails. Foods like fruits, vegetables, whole grains, and lean proteins provide essential nutrients that promote natural beauty from within

## 2 Hydration

Hydrating your cells with an adequate amount of water helps keep your skin hydrated and radiant. Proper hydration also supports overall bodily functions, leading to a healthier appearance

## 3 SLEEP

Prioritizing quality sleep allows your body to repair and rejuvenate, leading to improved skin complexion and reduced under-eye circles

## 4 How Does IV Drips Impact The Skin

To glow naturally and from within, it is necessary for your body to get all the required vitamins, minerals and nutrients. IV infusions can provide the body with essential nutrients that may be difficult to obtain through diet alone. Hydration is essential for healthy skin, and an IV drip for skin can deliver fluids directly into the bloodstream, which can be more effective than drinking water alone. Many of these IV drips for skin contain high doses of vitamins such as vitamin C, which has shown to have antioxidant properties and can help to brighten and even out the skin tone, reduce the appearance of fine lines and wrinkles, supports collagen production and improves overall skin health.

Our IV infusions for glowing skin contain IV fluids, electrolytes, vitamin C, glutathione, B vitamins, amino acids and can be boosted with biotin (for healthy hair/nails) and/or glycine (to promote better sleep).