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Be Thankful for Antioxidants: Benefits of Antioxidants in Fall Fruit

This time of year brings many seasonal ingredients chock-full of antioxidants that are great for our skin. Thankfully there are three seasonal fruits that can help your skin get through the winter months; pumpkin, pomegranate, and cranberry.

So, why are antioxidants so important? Every day, our skin is under assault – from UV rays, pollution, or cigarette smoke, for example. That damage causes free radicals, which are oxygen molecules that have lost an electron. As a result, those unpaired molecules try to steal electrons from other molecules, including vital skin components. The result is visible skin damage, in the form of lines, wrinkles, and redness. Luckily, antioxidants can supply those missing electrons, calm attacking molecules, and prevent damage.

In a nutshell, antioxidants are among the most important preventive ingredients in the skin care arsenal. They can effectively prevent (and minimize) redness and inflammation, and are essential for slowing the signs of skin aging.

Pumpkin

Pumpkin offers plenty of benefits when applied topically to the skin, and a number of cosmetics and beauty product companies are making skincare products that contain pumpkin enzymes as a leading ingredient. The enzymes found in pumpkins dissolve dead skin cells, which makes it a great chemical exfoliant. Plus pumpkin is full of beta carotene and is a good source of anti-aging vitamin A.

Pumpkin is also a rich source of nutrients and antioxidants that can help your skin achieve a healthy glow throughout the winter season! From facial treatments and moisturizers, to invigorating body treatments and wraps, pumpkin and pumpkin extracts can be used in a variety of indulgent treatments at the spa!
Pumpkin Spa Treatments

READ MORE AT THE JUICE BAR



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NOTE: Some sentiments contained within "What We're Reading" articles may not strictly conform with PROJECT: PFC's nutritional outlook. We read articles containing opposing information all the time and derive our nutritional philosophies from the latest science, the opinions of experts worldwide and our anecdotal experiences in the field. We keep an open mind and a strong affinity for fact-based evidence to help make the world of nutrition "Simple Again" for you.

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Pumpkin Spa Treatments

Some spa treatments make use of pumpkin masques, body wraps, and even extracts combined with a pumpkin and spice oil. These are just a few ways to try pumpkin in a new way, and it's a simple treat that you can enjoy on a regular basis. Pumpkin facials make use of a pumpkin enzyme mask that can soothe and protect your skin; the essential nutrients can reach deep within your pores and absorb quickly. Combined with a moisturizer and basic toner, this is a great treat for your skin and body—without the extra calories!



Body wraps and massages that use pumpkin ingredients are another way to indulge during the season, or any time of year. Pumpkin nourishes tired or dry skin instantly, giving you a healthy glow anytime your skin needs a boost! Colder weather can make your skin especially dehydrated, and the brisk fall and winter breeze certainly doesn't help. You'll also find pumpkin treatments in many anti-aging therapies, but you can still enjoy it as a basic skin soother and moisturizer. Pumpkin peels can also help with breakouts and acne problems. The nutrients can help soothe and reduce inflammation naturally, helping skin recover from acne-related damage.

Pomegranate

Pomegranate contains a big-deal antioxidant called punical acid, so it helps the skin defend itself from free radicals, which cause premature aging. The oil supports and maintains immune, reproductive, circulatory, digestive, metabolic, and skin health. It has the ability to soothe, protect, and moisturize dry, cracked, and irritated skin, as well as to improve skin elasticity and promote cellular rejuvenation.

Pomegranate seed oil is the only known plant-based source of Omega 5 essential fatty acid. While fish oil (an Omega 3) has been widely touted over the last few years – and is even commonly prescribed now as the essential fatty acid that protects the body from a myriad of diseases like cardiovascular disease and diabetes – it should really only be taken orally due to the fact that it is a large molecule that is not readily absorbed by the skin. Omega 5, on the other hand, is highly compatible with the dermis due to its small molecular size, meaning it is absorbed almost instantaneously and even becomes a delivery system for nutrients to cells.

Cranberry

Cranberries may be a perennial source of debate at Thanksgiving dinner – love 'em or hate 'em, fresh or canned – but in the dermatological community, the verdict is clear: Cranberries are a wonderful source of antioxidants, so don't hold back when they come around the table this year.

Cranberries are actually a type of acidic berries that are rich in vitamin C and believed to contain excellent infection fighting properties. A source of phytochemicals known as condensed tannins; these berries are powerful antioxidant and natural antiseptic with anti-inflammatory effect.

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