

BEST BEAUTY SUPPLEMENTS TO KNOW NOW

HEALTH & BEAUTY / 5 MONTHS AGO

Younger looking skin? There's a pill for that. Shinier hair? Stick on a patch... But do they work?

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Before we came along, most people
thought juniper was a planet

BY REBECCA
COX

We all know that when it comes to our health and beauty, it is never as simple as popping a pill. But taking an inside-out approach to beauty is a great idea, with your diet and water intake being the first thing to address. If you want to take it one step further, how about checking out one of the growing array of [supplements](#) on the market? From collagen powders to beauty patches, we round up the best [hair](#) and beauty supplements on the market.

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Best Hair & Beauty Supplements 2022

Supplements For Skin

Samaya's Ayurvedic Skincare Supplements

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Want an inside job? To nourish your skin from the inside? Samaya's multi-award winning Ayurvedic [skincare](#) supplements are personalised by dosha (bodily energy) type, so you select your pill according to your constitution. (In Ayurvedic medicine, the three doshas — vata [wind], pitta [bile] and kapha [phlegm] — need to be in balance for optimum health.) The supplements all contain hyaluronic acid (to keep your face moist), CoQ10 (an antioxidant) together with Gotu Kola (its terpenoids increase collagen production), Triphala (helps inflammation), Acerola-ama (rich in vitamin C) and other powerful Ayurvedic herbs such as (Indian ginseng) Ashwagandha. They're also chokka with anti-inflammatories and antioxidants — from iodine from seaweed to polyphenols from green tea — naturally boosting your immunity, promoting the formation of collagen, helping repair tissue, and combating tiredness and fatigue. The Kapha supplement packs a punch (you can feel its Triphala and Ashwagandha energising you) and its ginger, cinnamon, rosemary and sage also make it very detoxifying and cleansing. On top of that, wait for it, they have no bulking agents, are 100% natural, vegan, kosher, cruelty-free, non-GM and 'Made in England'. Pop two a day and you'll soon see visible results. *CP* From £39.

samayaayurveda.com

Revive Active Beauty Complex



Step one for more gorgeous, glowing skin: drink more water. Step two: replenish collagen, ceramides and hyaluronic acid supplies. Step three: combine steps one and two with Revive Active's daily Beauty Complex regime. Specially formulated to compensate for declining Collagen, ceramides and hyaluronic acid in the body, this powder, when taken daily mixed with water, helps to enhance skin elasticity, tone and hydration. It also promotes thicker, more lustrous hair, stronger nails and healthier teeth and gums. The formula is enriched with Vitamin C which aids the absorption of Collagen, and Vitamin E, selenium and 150ug of Biotin (300% NRV) and 150ug of Copper. From £39.96, reviveactive.com

Kallistia Hyper Pigmentation Cleanse



Australian company Kallistia has launched a new range of supplements designed to address pigmentation, working to lighten and fade the appearance of dark spots. Kallistia Hyper Pigmentation Cleanse is brimming with Vitamins C, E and A, all of which have antioxidative properties. The supplements also contain Q10 to help protect cells against oxidative stress, and Dragon's Blood extract which has ageing benefits. 'We created this formula as pigmentation is often not spoken about, especially from the inside out,' says founder Kallistia Vass. kallistia.com

Vital Proteins Collagen



Collagen supplementation is one of the fastest-growing beauty trends when it comes to skin health. Vital Proteins Collagen Peptides contain one simple ingredient, bovine hide collagen peptides, sourced from grass-fed pasture raised bovine. As well as supporting healthy muscles, joints and bones, it also helps enhance skin condition and healthy hair and nails. Jennifer Aniston is the face of the brand and adds two scoops to her morning coffee, as it's flavour-free and soluble in hot and cold liquids. Our favourite is the Collagen Creamer, which contains organic coconut milk powder to add a tasty kick to your morning caffeine hit. From £24.99,

vitalproteins.co.uk

Reparative Beauty Dose, 111SKIN



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111SKIN is a clinically-inspired skincare brand founded by leading Harley Street cosmetic surgeon Dr. Yannis Alexandrides. All products are designed to replicate in-clinic treatments, the core ingredient being Glutathione, a powerful intracellular antioxidant which boosts the immune system, detoxifies the skin and delays the ageing process. It's found in their famed [Reparative Beauty Dose](#) supplement (£85), along with Vitamins A, C and E – all known to help maintain skin health and vitality. 111skin.co.uk

Ingenious Beauty Ultimate Collagen

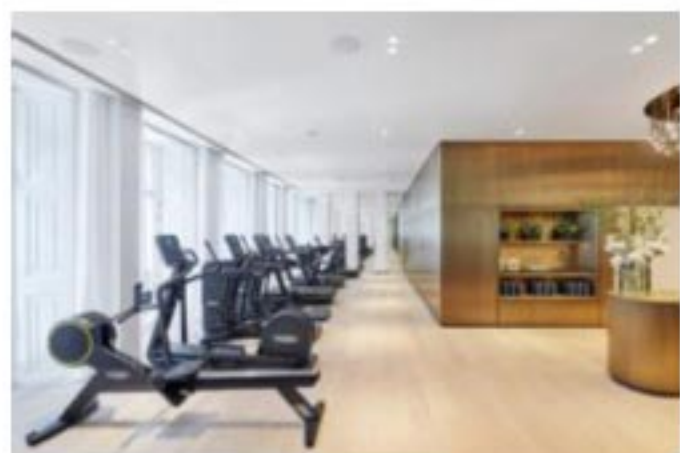


Ingenious Beauty's Ultimate Collagen takes about six weeks for results properly to show. After just three, though, you'll find your nails stronger, your skin plumper and your face glowing. All from popping marine collagen peptide, hyaluronic acid and astaxanthin supplements —in a product that boasts as many beauty awards as ingredients. Whizzy technology's used to protect the collagen, making it 15 times more effective; there's science behind the product's enteric collagen delivery system; and its astaxanthin (an antioxidant found in salmon) is 6000 times more powerful than Vitamin C for boosting your immune system. You'll find yourself counting the seconds till six weeks is up, whilst repeating the mantra: wrinkle reduction coming soon. 90 capsules, £54.99, feelingenious.com – Review by Caroline Phillips

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Best For Hair

Dr Ophelia Hair Vitamins Maintenance



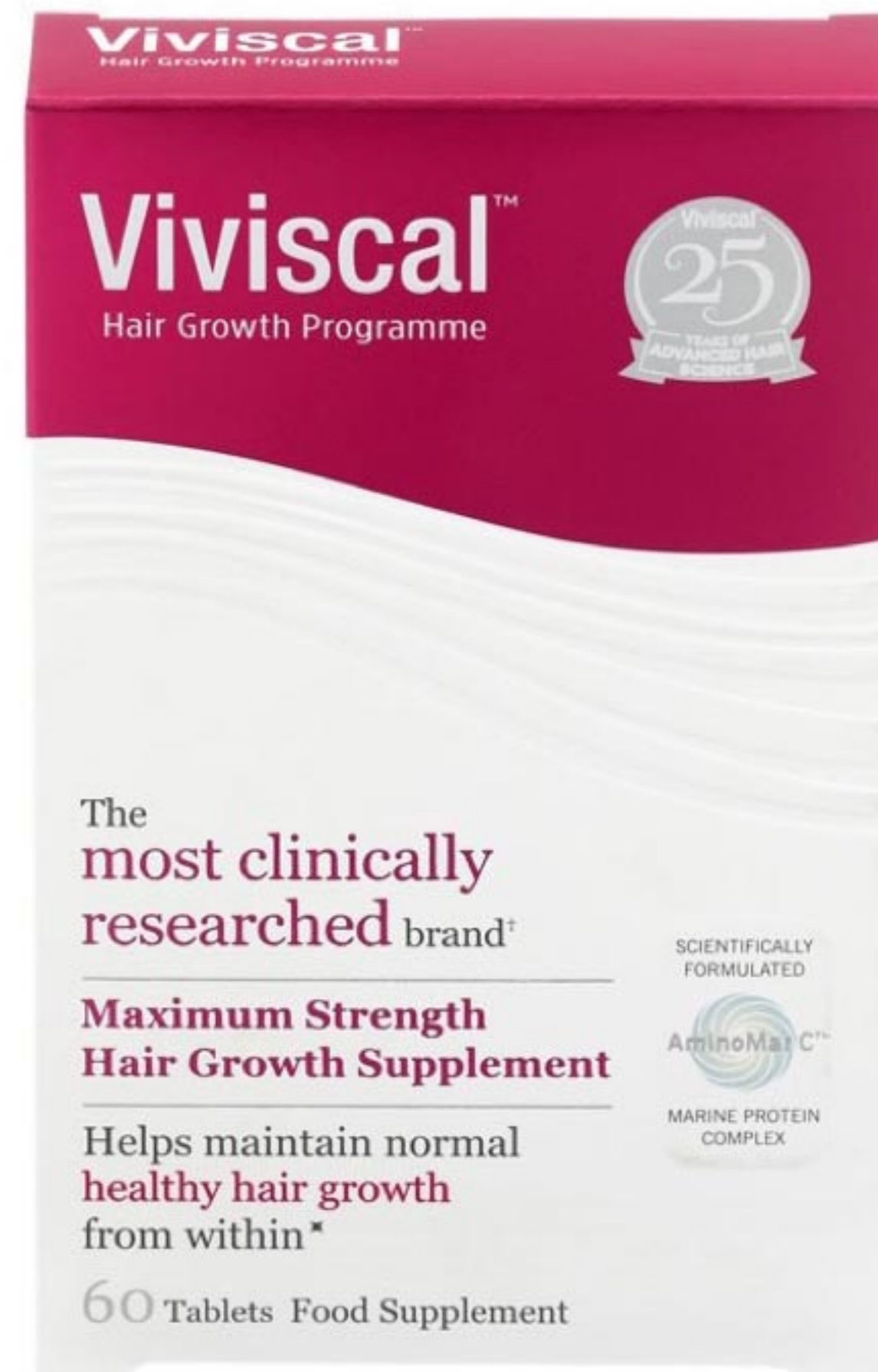
Prescribed in her specialist hair clinic, Dr Ophelia's blend of nutrients are designed to keep hair looking and feeling in optimum health. The morning dose contains iron, vitamin C, vitamin B12, folic acid and selenium. The evening dose contains vitamin D3 and zinc. Both should be taken with food. £42, drophelia.com

Vitamin Injections London Hair & Nail Patches



Vitamin gummies and tablets have been popular over the last few years but Vitamin Injections London's patches promise maximum efficacy, with nutrients being absorbed via the skin. You can wear them almost anywhere on the body for 12-24 hours with nutrients delivered including B1, B2, B3, B5, B7, B12 and B9; a one-month pack is £54.99 but you'll see results within a week or so. vilwellness.com

Viviscal



A naturally derived hair growth supplement, Viviscal has attracted the attention of salon experts around the world since its creation, as well as a whole host of A-listers – Karlie Kloss, Reese Witherspoon and Hailey Bieber, to name a few. It also has strong scientific backing: in one study, 75.3 per cent of participants reported a significant decrease in hair loss. The company created its signature growth-boosting formula back in the 80s, following a Scandinavian study which discovered the beautiful hair of the Inuits was a result of their marine protein-rich diet. Viviscal's star ingredient is its trademarked AminoMar marine complex, which is a blend of sustainably sourced shark cartilage, fish oil, mollusk powder and silica – all of which have hair strengthening properties. viviscal.co.uk

Featured image by [Park Street](#)