**HOW TO GET PARLOUR LIKE**

**WEDDING GLOW IN ONE WEEK**

Just a week left before the big day? Still wanting that beautiful naturally glowing skin? Don’t fret! We’ve got you covered. Here are 3 healthy drinks that will give you a parlour like glow for your wedding day in just one week.

**Morning Glow Drink**

It starts with one thing. **Vitamin C effervescent tablet** early in the morning. You have to take it before eating anything else. First of all, Vitamin C is often called the skin lightning and brightening agent and is usually associated with brightening the dull looking skin.

Put the tablet in half glass of water. When it is dissolved after about a minute or so, drink the water. Now taking Vitamin C is great. But you might get confused about the brand. No worries. Just buy any tablet of 1000mg. You will definitely get good results.

**Afternoon Detox Drink**

You can also call this an afternoon glow skin drink.

**Chia seeds:** These are filled with antioxidants. Add 1 teaspoon of chia seedsin a glass of water. Let it soak in the water for about half hour until it becomes frothy. If you consume them without soaking in water then it might dry out your skin and would not be advantageous at all.

**Stevia:** Now chia seeds have many nutritional properties, but if you don’t want the drink to be bland you can add stevia. Also stevia has 0% sugar and 0% calories. Add 1 tsp stevia to the glass.

**Lemon Juice:** Lemon is a good source of vitamin C. Squeeze half a lemon in the glass.

This drink is naturally detoxifying for your skin. It helps in flushing out toxins from your body which in turn gives your skin a natural radiant complexion. Consume this drink 1 hour before meal. Just remember one thing, while consuming this drink try to chew on chia seeds as it will increase the effects of the drink.

**EVENING SNACK FOR BABY SKIN**

**Blueberry Powder/ Frozen Blueberry:** These are packed with antioxidants and taste amazing.

To a bowl of curd/yogurt add 1 tsp of blueberry powder with

1tsp of **Chia Seeds**, 4-5 grated **Almonds**, which are an excellent source of vitamin E. You can also add 1tsp of stevia for sweetness.

If you include these drinks in your regime, your skin will get a nutrient boost and you will have that amazing parlour like glow.

Also, here’s a bonus tip for naturally glowing skin.

CRUSH the tomatoes. Add half a tsp of olive oil and drink this for naturally glowing skin.