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I Drank Beauty Shooters for 2 Weeks for Better Skin

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In preparation for my recent engagement party, I wanted to give my regular skin care regimen a little boost for an extra glowy effect. As I was looking at options (there are several "beauty

drinks" on the market nowadays), I came across these tiny shooter-style ones from a brand I didn't have too much experience with. When I began reading about the brand and research behind it (it was founded by Harrison, NY, dermatologist Dr. Debbie Palmer, who's a total pro when it comes to antioxidants and their

Antioxidants are critical to maintaining healthy, youthful skin for many reasons, but one of the main ones is that they protect it from damaging free radicals, which can be created from pollution and the sun's UV rays. Signs of free-radical damage include changes in skin color (brown spots), lines and wrinkles, and skin that looks loose and saggy due to a breakdown in collagen.

Every day before work I drank a shooter—they have an earthy berry taste that took a couple days to get used to, but it's just a quick sip so it doesn't need to be delicious (you can also add it to water to dilute it a bit if you like that better). And, if throwing back a shot first thing in the morning isn't your thing, you can drink it in the afternoon instead.

Each bottle delivers your recommended daily dose of antioxidants—in these you get super potent coffee fruit, camu camu, goji and açai berries, pomegranate, and resveratrol, to name a few—which not only provides skin benefits, but also a nice little boost of energy. Another thing I liked was that they didn't need to be refrigerated, which was a plus for me because I had to travel during the time and it was easy to throw a couple in my carry-on for the weekend.

At the end of two weeks, I arrived in town for the party and saw my mom for the first time in a few months. She immediately commented on my skin and said, "What are you using now?!" I told her about the shooters and she said my skin looked plumper and more radiant. To me, my skin looked wide-awake and bright—my makeup even seemed to go on better that weekend.

I'm not exactly sure how long the effects lasted—either way you can't go wrong because the antioxidant benefits go way beyond just healthier, stronger skin—but it's a great way to prep your complexion for a big event like a wedding, photo shoot, reunion, family party, etc. Thanks Dr. Palmer!