

Pineapple

For healthy skin

Effective Solution for Acne:

The presence of Vitamin C enables this fruit to be used, internally as well as externally, as a cure for acne and other inflammatory skin condition. Bromelain, the anti-inflammatory enzyme in this fruit, boosts up the healing power of Vitamin C.

Helps Your Skin Look Younger:

This fruit gives the collagen synthesis in your body a boost. The higher the collagen synthesis is, the firmer and flexible your skin will be. Plus, the added nourishment comes from the presence of amino acids and Vitamin C, which ensures that the damaged cells and tissues are repaired quickly. Apply freshly prepared pineapple juice on the face, leaving aside the eye region. Wash off using tepid water after 10 minutes.

Natural Exfoliating Agent:

You can take the help of freshly crushed pineapple wedges to exfoliate your skin. It eliminates the dead skin and accentuates blood flow. This, in turn, helps in safeguarding your skin from looking dull.

Get Rid of Those Cracks on Your Feet:

The exfoliating property along with collagen synthesizing nature of pineapple makes it a natural scrub for your feet. It helps in sloughing off the flaky, calloused skin of the feet, leaving them smooth, soft, and radiant. The inflammation and swelling, triggered by the cracks also get a soothing relief.

Softens and Strengthens the Nails:

Lack of Vitamin A intake could pave the way for dry, brittle nail. Even worse, Vitamin B deficiency will cause your nails to crack and split. You do not need any over-the-counter multivitamin pill to ease this condition though! Just use pineapple. Topical application as well as internal consumption could actually fade out these deficiencies, easing the infections and strengthening and softening the nails.

For Hydrated, Radiant Skin:

Dry skin looks dull and unattractive. You can now make use of the pineapple to give your skin that hydration effect. Mix about 3 tablespoon of freshly crushed pineapples with an egg yolk and a little milk. Apply it topically on the dry skin and leave it for few minutes. Wash off with tepid water for a moisturized skin.