

## 8 Beauty Benefits of Vitamin C

Vitamin C is recognised for its ability to improve the appearance of the skin, hair and nails. How? This wonder ingredient boasts an abundance of beneficial factors to keep you looking and feeling your healthiest. Bring vitamin C into your life and you'll never look back, as these 8 beauty benefits demonstrate.

### **1. It's great for promoting shiny, strong hair**

Vitamin C is one of the best nutrients for strengthening the hair follicle and stimulating hair growth. In fact, vitamin C deficiency could be the cause of several problems, such as brittle hair and hair loss. Consuming enough vitamin C even prevents split ends and improves dry, damaged hair, helping to promote beautiful shiny, healthy locks.

### **2. It helps nail growth**

Vitamin C assists the body in producing more collagen, strengthening nails from the inside out. To keep your nails long and strong, feed your body with this essential nutrient.

### **3. It boosts energy**

Fatigue and weakness are often caused by iron deficiency. Amazingly, Vitamin C helps you absorb iron from the food you eat. This helps you look and feel more energized!

### **4. It helps prevent sun damage**

Spending just one day in the sun can cause sunburn or marks that take several months to completely fade. Using a vitamin C serum can boost the effectiveness of your sunblock. Furthermore, as vitamin C is a powerful antioxidant, it can gradually decrease the number of sun damaged cells. That's why it lightens brown spots and sun burnt skin effectively.

### **5. It reduces spots and acne scarring**

Do you suffer from blemishes? Use a topical vitamin C serum! It's packed with anti-inflammatory properties to reduce inflammation and irritation. Blemishes often leave scarring which can affect your confidence. Vitamin C used in topical form will lighten this discoloration on your skin, improving the appearance of any markings.

### **6. It improves skin texture and tone**

Using topical vitamin C has been proven to improve the texture and tone of your skin. Did you know that applying vitamin C directly to your face is around 20 times more effective than consuming it orally? This is because vitamin C serums are absorbed deep into the skin, whereas taking it orally has little impact on the overall condition of your complexion.

### **7. It promotes a brighter complexion**

Adding topical vitamin C to your routine promotes a beautiful radiant complexion. Over time, vitamin C naturally diminishes from the skin so a serum is beneficial in enhancing the appearance and luminosity of your complexion. Eva Naturals Serum is expertly crafted with Turmeric, Juniper Extracts and Ginger in a safe, concentrated form to naturally brighten your skin by promoting blood circulation. Achieve professional results without the need for facials. You can even add the serum to

your moisturizer, making it easier to incorporate this powerful product into your current skincare routine.

#### **8. It reduces the appearance of aging**

Topical vitamin C has amazing anti-aging benefits! It boosts collagen production to minimize the appearance of fine lines, wrinkles, and hyperpigmentation, as well as fighting free radical damage. Eva Naturals 20% Vitamin C Serum is enriched with Lavender, CoQ10, Ferulic Acid, Hyaluronic Acid and Vitamin E to work in harmony to provide a more beneficial impact on your complexion, aiding cell repair, and helping you to achieve youthful looking skin.