

BEAUTY FROM THE INSIDE OUT!

(Skin Health)

The adage "You are what you eat" is just what the researchers at GliSODin (an Isocell company) had in mind when developing the line of ingestible nutrients—available in powder and gelcaps—formulated for optimal skin health. The dietary supplements contain a slew of antioxidants, anti-inflammatories and caratonoids. With ingredients ranging from berry blends and alpha-lipoic acid to vitamin E and selenium, the four formulations work to defend skin against cellulite, wrinkles, sunburn and environmental stress. Available at Exhale Spa at the Gansevoort, 18 Ninth Ave., 249-3000, exhalespa.com; glisodinskin.com