

Reader's Digest

Uses of Citrus Fruit for Healthy Skin

"Rubbing the peels of oranges on your skin and leaving them there for a few minutes will leave your skin sticky, but totally fresh. The peel actually has more vitamin C than the orange itself, according to **Dr. Catherine Chang, MD of Cassileth Plastic Surgery**. "Although citrus fruits are a rich natural source of vitamin C, which can free your body of free radicals, not many people realize that the common orange can be really good for exfoliating and detoxifying skin," Chang says. "This is because oranges are amongst the least acidic citrus fruits, although they still contain



vitamins C and E as well as antioxidants and zinc which can help smoothen skin. So if you have acne-prone or oily skin, it's perfect for you." If that works, you can also try these natural recipes for your skin."

