



4 Drinks Doctors Swear By For Your Hair, Skin & Nails

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While on the quest for better hair, skin and nails, it seems like we'd all go to extreme lengths to achieve the perfect beauty trifecta. But, toss your hair creams and face masks—there's a much more natural way to go about this. Check out 4 drinks that can do the trick for healthier hair, skin and nails.



Slide 4: Good old H₂O can do wonders for all your beauty needs. Dr. Nazarian also said that it can freshen your skin and encourage strong elasticity levels. Dermatologist **Dr. Ava Shamban** also told Huffington Post that drinking plenty of water can even help your cuticles and overall nail health.

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