



## Ingestibles

Trend Watch | August 2022



**Whole body health starts from the inside out**, which is why ingestibles such as supplements and nutraceuticals have been consistently advancing in spa and wellness. Here, industry experts share their insights on the popularity of ingestibles as part of a holistic spa experience.



"Ingestibles have an important place in wellness, furthering the connection of the mind-body balance. Plants are the source of some of our strongest medicines, and many of the adaptogens we see today have been used for centuries. Since my childhood in Korea, my mother would boil ginseng root to make a tea that she said would 'make us strong and healthy.' Using ingestibles has always been an essential part of Total Glow's holistic health approach, drawing from my Ayurveda training as well as my Korean heritage.

Ingestibles have also come a long way. While they used to be a niche, alternative practice, they've become widely popular in recent years, especially with an increase of clinical support. Many now recognize ingestibles as a viable option with considerable benefits in areas such as detoxing, anti aging, immune health, weight loss and stress relief. They bring positive effects to the skin and whole-body wellness."

— **Terrie Absher**, licensed medical aesthetician and founder of Total Glow,  
[www.totalglow.com](http://www.totalglow.com)

"Ingestible collagen demand has skyrocketed, in part because it has been widely publicized that the amount of collagen naturally made by our bodies begins to decrease after the age of 30. It helps with our skin, nails, hair, muscle, bone, cartilage and tendons. As with all supplements, you must be mindful of the sourcing.

We also know about the importance of our gut health—the effects that it has on our overall health is staggering. Be mindful of your probiotics and prebiotics; read the labels and research the company."

— **Adylia-Rheneez Gutierrez**, certified nutritionist, vegan chef and creator of Yhorlife Online  
Wellness and Fashion Platform, [www.yhorlife.co](http://www.yhorlife.co)

"We are witnessing an exponential increase in popularity in the gummy vitamins market, specifically with a younger demographic (Gen Z), as consumers are increasingly valuing indulgence and convenience. The gummy delivery form provides an appealing way to get daily supplement needs; it's easy to take, with bright colors that taste great. We know that the key to ingestible beauty and wellness is consistency, and gummies keep guests from forgetting to ingest their supplements. The gummies are an enjoyable part of a daily routine that people will look forward to taking."

— **Amanda Hess**, director of product marketing and innovation at HUM Nutrition,  
[www.humnutrition.com](http://www.humnutrition.com)

"We've been seeing consumers looking for more varieties of ingestibles, from different methods (gummies, beverages, tinctures) to new and exciting flavors. We expanded our flavored tincture line to include three delicious flavors, as well as tinctures with additional health benefits. Functional beverages, like those containing CBD, are also popular in health stores and gyms, as a way for people to get their daily dose of CBD, vitamins and hydration."

—Sean McDonald, COO of CBD Living, [www.cbdliving.com](http://www.cbdliving.com)

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