

KALE

Kale's high vitamin content strengthens nails from the inside out. Nails Inc Nailkale Superfood Base Coat, £15

LENTIL

The pulse's B vitamins work to break down oils and promote healing. Carita Paris Idéal Contrôle Powder Serum, £62

ACAI

Berry extracts protect against free-radical damage to reduce wrinkles and give a luminous complexion. Kiehl's Acai Damage-Repairing Serum, £37

APRICOT

Cuticles are rehydrated and nourished with apricot-infused goodness. Dior Huile Abricot Daily Serum, £20

BASIL

Antibacterial properties in the herb help to melt away daily grime and balance skin. Balmology Neroli & Sweet Basil Cleansing Balm, £21

MUSHROOM

A super-blend of antioxidants wards off redness and calms inflammation. Dr Weil for Origins Mega-Mushroom Skin Relief Advanced Face Serum, £49

MANDARIN

This juicy fruit's oils detox the skin of impurities. Decléor Aromessence Mandarine Smoothing Serum, £49.50

Vital INGREDIENTS

Get a taste for these new delicious beauty blends. Cooking skills not required, says Lottie Winter