

## Why You Should Start Drinking Cactus Water

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Plant-based beverages are cropping up everywhere, and many of them offer a host of skin-care benefits. One of our new favorites: cactus water.

“Extracted from the prickly pear cactus (the only cactus juice suitable for human consumption), cactus water is a popular drink in South America and Mexico and is now making waves in the United States,” **says nutritionist Franci Cohen**. “It’s nutrient-rich and consists of high levels of phytochemicals and antioxidants, making it a potential essential weapon to ward off premature aging. It also has the unique ability to prevent moisture loss, a quality necessary for healthy, vibrant and youthful-looking skin.”

Want to give it a try? Opt for Caliwater Cactus Water (\$40), which is lower in sugar and calories than most coconut water products and has an earthy, berry flavor. Not only does it deliver an intense hydrating effect to your body, but it also helps prevent moisture loss in your skin by enhancing the efficiency of your skin’s barrier function and preserving its natural oils.