

10 Fall Foods to Help You Get Luminous Skin

By Stephanie Nolasco, September 10, 2013



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Summer is winding down, and your skin may be left dry and sensitive from all those days spent out in the sun.

But the arrival of fall means the return of plenty of delicious seasonal fruits and vegetables that some experts say can help restore suppleness to your skin (and they taste good, too.)

Some skin experts, like New York City-based facialist [Joanna Vargas](#), are incorporating them into treatments to help repair the damage caused by the sun and pollution. And even if your budget doesn't call for a spa day, you can still enjoy these benefits at home.

READ: [Can Chocolate Give You Youthful Skin?](#)

To find out how we can detox this autumn for glowing, healthy looking skin, we investigated some of the best foods to eat this season and how they can be the post-summer treatment you need right now:



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PUMPKIN

Dr. Stafford Broumand, associate clinical professor of plastic surgery at New York's Mount Sinai Medical Center, highly recommends pumpkin for your best skin ever. "Pumpkin has a high content of vitamin A and retinol is a derivative of vitamin A," says Broumand. "Using this ingredient in its natural form delivers great benefits, such as exfoliation, repairing sun damage, post pigmentation, as well as improving texture and tone." Create a face mask with pureed pumpkin, organic honey, a hint of lemon juice, and vitamin E oil for soothing results.