

# Aiming to cleanse inside and out

By INGRID SCHMIDT

Celebrity facialist Sonya Dakar of Sonya Dakar Skin Clinic has teamed up with chef Kelly Boyer of Paleta, the Inglewood farm-to-table meal delivery company, to launch the Sonya Dakar & Paleta Get Glowing Beauty Detox program (\$229). Introduced earlier this month, the package includes home delivery of a two-day nutritional detox system by Paleta and a two-week detox skin-care system by Dakar that nourish the skin from inside out.

## Sonya Dakar

**What:** Sonya Dakar & Paleta Get Glowing Beauty Detox program

**Where:** Sonya Dakar Skin Clinic in Beverly Hills

**Info:** (310) 553-7344, [sonyadakarclinic.com](http://sonyadakarclinic.com)

**Price:** \$229

"I've believed all my life that internal and external go together, that what you put in your body will be reflected in your skin," says Dakar, who created her Beauty Boot Camp Supplement Collection of multivitamins, protein shake powders and probiotic capsules in 2009. The two-day Paleta detox program includes smoothies made with Dakar's protein powders, organic cold-pressed juices, aloe and chlorophyll Power Boosts,

handcrafted energy bars and boxed water.

Boyer says she developed the juices with natural ingredients known for their skin-enhancing properties: carrots to target free-radical damage, citrus to promote collagen production, chlorophyll to reduce inflammation, coconut to nourish and heal.

Dakar's detox skin-care system includes a two-day supply of her multivitamins, omega-infused hydrating serum, sunblock and the face wash, scrub and moisturizer from her new Nutrasphere Detox Collection, made using plant stem cell technology.

A warm soak with Paleta's new detoxifying bath salts, designed to flush out toxins, is the final glow-inducing step.

[image@latimes.com](mailto:image@latimes.com)



Sonya Dakar Skincare

**SONYA DAKAR & PALETA** Get Glowing Beauty Detox set.