

POWER UP YOUR SKIN WITH PROBIOTICS

Probiotics are live bacteria or yeasts that keep your gut healthy and can prevent irritable bowel syndrome (IBS). Research suggests that probiotics can also be helpful in treating skin conditions such as acne and rosacea, as well as lines and wrinkles, both by taking them orally and using them topically. 'The interplay between skin and probiotics is complex but it is likely that they help in several ways,' reveals Dr Alexis Granite, consultant dermatologist at Cadogan Cosmetics. 'Probiotics are both anti-inflammatory and anti-microbial [meaning they kill microorganisms such as bacteria and viruses]. They may also act as a protective shield, blocking the skin from developing an immune response to the "bad" bacteria involved in skin conditions such as acne and rosacea.'

The American Academy of Dermatology has called probiotics one of the new beauty breakthroughs as they've been shown to help with clearer skin, decreased skin sensitivity, redness and inflammation.

For best results, use a two-pronged approach and include probiotics in your diet as well as your beauty routine. When it comes to your skin, you could smear yoghurt all over your face, as it contains naturally occurring probiotics. But with many brands starting to harness the power of probiotics in creams, it's a lot less effort, and mess, to try these instead.

Hailed as a beauty breakthrough, probiotics calm redness and irritation.



PROVEN PROS

- **Too Faced Hangover Primer** (£24, toofaced.com) mixes probiotics and coconut water to perk up tired skin, promote elasticity, help hydrate and create a silky smooth base for make-up.
- **Aurelia Probiotic Skincare** uses a probiotic derived from milk protein to help calm inflammation in the skin, as well as encouraging the skin

to repair itself. Try the **Miracle Cleanser** (£34, aureliaskincare.com), which thoroughly cleanses, balances, hydrates and soothes skin without stripping it of valuable oils.

● **Eminence Clear Skin Probiotic Moisturizer** (£41, theskinsmith.co.uk) detoxifies and clears the appearance of problem skin. Cucumber and tea tree help prevent the appearance of blemishes and reduce the appearance of inflammation while healing probiotics exfoliate and soothe the complexion. ☀



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