

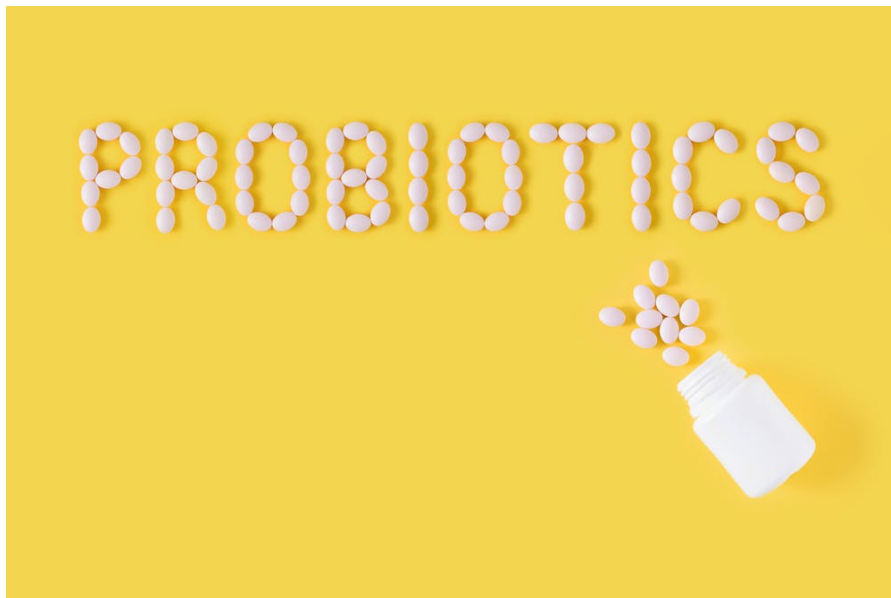
Here's Everything You Need to Know About the Probiotic Skincare Trend

Rebecca Norris · Mar 20, 2019

The Truth About Probiotics in Skincare, According to Dermatologists

Over the past few months you may have noticed a surge of skincare products labeled with probiotics on the ingredient list. What once was only associated with yogurt and supplements is now proving to be a staple — or, at the very least, a trend — for clear, healthy complexions. To determine whether or not probiotics are the be-all, end-all for a well-rounded skincare routine, let's first discuss what they are and how they work. With help from a couple dermatologists, we dive into that and more, below.

WHAT ARE PROBIOTICS?



Long story short, probiotics are live bacteria and yeasts that live on your skin and in your digestive system. They help maintain diversity in the microbiome, which is necessary for a healthy, strong skin barrier that's less likely to succumb to the growth of disease-causing bacteria.

HOW DO PROBIOTICS PROMOTE HEALTHY SKIN?



While the idea of a complexion swarming with bacteria may make you queasy, the microorganisms help prevent infection, inflammation, and even acne, according to Calabasas, California-based board-certified dermatologist **Anna Guanche**. Since our naturally-occurring probiotics aren't always plentiful (thanks to over-washing and using antibacterial sanitizers), incorporating beauty supplements or skincare products infused with the good bacteria can help fill the gap. Whether applied or ingested, these microbes increase moisture retention, help maintain a healthy skin pH balance, provide nutrients to the biome, and assist with optimal functioning overall, says Guanche.

<https://www.brit.co/probiotic-skincare-trend/>