



InStyle

Having Bacteria on Your Face Can Actually Make Your Skin Look Better

By Erin Lukas. April 05, 2019



WHY IS A HEALTHY MICROBIOME IMPORTANT?

When your microbiome is disrupted or off-balanced, skin diseases and conditions like eczema and psoriasis could flare up.

"When the microbiome is not in equilibrium, things like acne, atopic dermatitis, skin inflammation, and irritation can occur," says board-certified dermatologist and celebrity skin expert **Dr. Anna Guanche**. "If there is predominantly good bacteria (non-pathogenic), then this is when our skin is best. It's all about balance and protecting the microbiome."

<https://www.instyle.com/beauty/skin/what-is-skin-microbiome>