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The Wonders Of Probiotics In Skincare

4 MINUTE READ



PHOTO BY EKATERINA-BOLOVTSOVA

By Claudia Cole

In the last year, probiotics have dominated the health aisles with gut balancing supplements. However, they have recently taken an exciting turn towards skincare. Studies have shown that probiotics can treat common skin concerns in the same way it does with our digestive system.

In preparation for the colder months ahead, we want to ensure your skin remains hydrated and radiates that healthy glow. From acne to [sensitive skin](#), here are the wonders of probiotics in skincare.

What Are Probiotics?

For those who haven't already experienced the astonishing benefits, probiotics are strains of live bacteria that help support your overall health. Although bacteria are commonly associated with uncleanliness and disease, not all types are harmful. Probiotics are a type of microorganism that help activate the immune system and prevent pathogen (which can cause disease).

Probiotics are naturally found in several foods, such as:

- Yogurt
- Sauerkraut
- Kefir
- Pickles

You can also get probiotics from supplements, great for the digestive function. 70% of our immunity lies in our gut. Probiotics assists with restoring the natural balance of gut bacteria, allowing it to perform optimally.

How Does Probiotics Work In Skincare?

Probiotics benefit our skin in the same way it does with our gut health. It uses good bacteria to harness

your skin's natural glow.

According to dermatologist Shilpi Khetarpal, "Over a thousand species of bacteria live on the surface of our skin." This is otherwise known as the skin microbiome. The bacteria are essential as they help fight against infections and pollution. It also regulates PH levels, keeping skin healthy and hydrated.

However, our bacterial balance can be thrown off, causing flare-ups and other skin problems. Here's how probiotics can help.

It Readjusts Your Skin Microbiome

Probiotics can act as a protective shield, preventing harmful bacteria from causing skin reactions. This boosts the skin's natural function to fight against external factors such as UV rays and pollution.

Soothes Inflamed Skin

As probiotics help to repair and protect your skin, it results in less inflammation and reduces flare-ups. This is because the bacteria interact with our skin receptors, modifying the immune response.

Enhances Your Skin's Natural Glow

Unfortunately, there are many cleansers on the market that are harsh on our skin, stripping away its natural oils. This is worst during winter months as our skin usually requires more moisture. Probiotics improve the level of hydration in the skin, keeping it radiant.

The Best Probiotics Skincare Products

From gentle cleansers and to moisturising serums, we've found the best products for every skin type. Here are our top 5 favourite products worth adding to your skincare routine.

1. Aurelia The Probiotic Concentrate

Activate and boost your skin's natural repair process with the ultimate probiotics concentrate from Aurelia Skincare. This intensive yet lightweight formula helps to reduce the effect of UV damage and hyperpigmentation. It works to combat congestion, allowing you to maintain smooth, clear skin.



AURELIA THE PROBIOTIC CONCENTRATE, £38

2. Ren skincare Perfect Canvas Clean Primer

For all our make-up lovers, this probiotic clean primer minimises pores and maximises your glow. Using agave extracts, it maintains the skin's bacteria, reducing breakouts. It also plumps and mattifies the skin, improving its texture and smoothness. On top of that, their bottle is 100% recyclable.



REN SKINCARE PERFECT CANVAS CLEAN PRIMER, £40

3. Beauty Kitchen Seahorse Plankton = Bright Eyes Probiotic Serum

This gem is 8 hours of beauty sleep in a bottle, made from a unique blend of marine extracts and probiotics. It gently nourishes and brightens the delicate skin around your eyes, reducing the appearance of dark circles and fine lines. Above all, their packaging is made using recycled glass.



4. Esse Sensitive Cleanser

Suitable for all skin types, this vegan treatment is the perfect antidote to soothe and calm your skin. It's 100% natural, blended from probiotic extracts and aloe vera. The light formula uses ultra-foaming agents, helping the skin to maintain its natural moisture. For those with irritable skin, check out the rest of Esse's sensitive range.



ESSE SENSITIVE CLEANSER, £44.50

5. Anatome Organic Ultra Hydrating Moisturiser

Already known for its bestselling Daily Biotic supplements, Anatome has created an organic daily moisturiser. This natural treatment aims to keep the skin deeply hydrated, renewed, and nourished for 24 hours, blended from essential oil extracts and probiotics. It restores the skin's vitality, radiating the natural glow of healthy skin.



ANATOME ORGANIC ULTRA HYDRATING MOISTURISER, £36

Although there are many more products to help your skin microbiome, this list is an excellent place to start. Incorporating some of these products in conjunction with [health-boosting nutrition](#) will keep your skin look radiating during the months to come.

As we approach autumn, we'd love to know your go-to skin product during the colder seasons. Let us know in the comments below.



Claudia Cole

Claudia is a lifestyle writer from London. While she's an enthusiast for books and all things screen related, she is passionate about sustainable living and a mental health advocate.



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