

If you have a gut instinct that what you eat shows up in your complexion, then you're right! Probiotics, which are well known for sorting out digestive issues, can also help irritated or stressed out skin.

"Probiotics help balance the skin's natural flora, keeping it looking lovely and healthy."

"BEAUTY BEGINS IN THE BELLY."

explains Carla Oates of The Beauty Chef. "This means using natural, nutrient-dense skincare that feeds the good bacteria, not harsh chemical-laden skincare that will disrupt the skin's delicate ecosystem.

"Beauty begins in the belly," Oates continues. "Because the gut is where we make nutrients, metabolise hormones, make detoxifying enzymes and neutralise pathogens, its health is paramount for healthy, radiant skin."

For a double dose of probiotic goodness, you can also look for them in the beauty aisle: studies have shown that applying probiotics directly to skin can help with everything from acne to dryness and general irritation.

Of course, we're big fans of nourishing from the inside out, and will be filling our baskets with these skin-loving, probiotic-rich foods that will get you the glow you've been searching for...

ARE PROBIOTICS THE NEW BEAUTY SECRET?

CALM IRRITATED SKIN FROM THE INSIDE OUT, WITH A LITTLE HELP FROM PROBIOTICS.

STORY BY BRIDGET CAMPBELL



CLEANSER
BURT'S BEES
INTENSE
HYDRATION
CREAM CLEANSER
\$24.95
Overzealous
cleansing not only
removes dirt and
toxins, it can also
disrupt the skin's
good bacteria. This
cleanser aims to
remedy that, with
probiotics to calm
and clear.



TREATMENT
EMINENCE
ORGANICS CLEAR
SKIN PROBIOTIC
MASQUE \$92
Probiotics from
yoghurt and
calming cucumber
are the heroes
here, clearing and
gently exfoliating to
help treat the signs
of acne.



MOISTURISER
NUDE SKINCARE
PURIFY DAILY
MOISTURISER \$85
This ultra-light
moisturiser
balances and calms
congested, irritated
skin. With cinnamon
bark extract, ginger
and burnet root, it
helps control shine.

Bust the bad
bacteria in your belly
with deliciously nutritious
probiotic beauty lemonade...
Head to
movenourishbelieve.com
for the recipe.



YOGHURT: live cultured yoghurt contains loads of the probiotics acidophilus and bifidus. Look for natural yoghurt that's free from added sugar and artificial sweeteners.



TEMPEH: made from fermented soybeans, this vego-friendly food is also super high in protein and fibre.



THE BEAUTY CHEF GLOW POWDER: it contains both prebiotics and probiotics, as well as 24 fermented super foods. You glow, girl!



SAUERKRAUT, KEFIR AND MISO: these are all fermented foods, a process that creates a range of natural bacteria. The bacteria in sauerkraut actually helps to pre-digest the cabbage, making the nutrients more easily available for our bodies to use.



KOMBUCHA: it's one of the newest products to get caught up in the probiotics buzz, but this sweetened effervescent fermented black tea has actually been around for thousands of years!