

The secret to great skin?  
It's in your fridge! Use  
yoghurt to banish spots

# WHY YOUR SKIN LOVES yoghurt

Beat breakouts with  
a simple zit-busting  
beauty solution,  
says Louise Pyne

**IT'S** embarrassing enough battling breakouts as a teenager, but it's even more mortifying suffering severe spots as an adult – after all, surely by the time you've got your life on track your skin should be ready to follow suit! No doubt we don't need to tell you that pimples are not just a teenage woe: the average age of women being treated for



acne is 26.5 years old, according to the British Association of Dermatologists. From concealers and foundations to powders and primers, the list of products designed to cover up and camouflage imperfections is endless. And while layering your face in make-up can be an instant lifesaver when a sudden eruption strikes, it simply masks rather than addresses the underlying cause of your complexion woes.

Painful and embarrassing, acne can be caused by everything from poor diet, prescription medications and hormonal fluctuations to genes and too much stress. These triggers cause a build-up of oil and bacteria in the skin follicle pores, which results in inflammation and those tell-tale red or pus-filled spots. 'Spots tend to be caused by toxins, such as those in the environment,' explains Shona Wilkinson, head nutritionist at The Nutri Centre (nutricentre.com). 'The condition is also triggered by overactive hormones and, largely, by imbalances in the gut.'

### 'TAKING PROBIOTICS SUPPORTS YOUR GUT AND IMPROVES SKIN'

#### BEAUTY BUGS

It's strange to think that your intestinal health might affect your outward appearance, but gut health plays a crucial role in determining acne-onset. Think of your gut as the engine of your body. When this motor becomes sluggish, the rest of the body's systems are placed under a lot of strain. Seventy per cent of immunity is established in the gut, and when your defence system is compromised you're more likely to develop skin symptoms such as acne.

Over the past few years, scientists who have been exploring this gut-skin connection have discovered that improving the balance of bacteria in the gastrointestinal tract can help to clear up a spot-prone complexion. 'Taking probiotics is a key



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way to support your gut and improve skin health,' says Shona. Probiotics – microorganisms that help maintain and restore friendly bacteria in the gut – are naturally present in the digestive tract but can diminish through frequent medication use, recurrent illness and stress – hence why many of us suffer breakouts when we're under pressure. These tiny skin saviours are found in live natural yoghurt and fermented foods such as miso soup and sauerkraut. You also need prebiotics (special fibres that reinforce the effects of probiotics), which are found in veggies including garlic, onion, asparagus and leeks.

#### FRIENDLY BACTERIA

In addition to dietary measures, there's a growing body of evidence showing that topical application of good bacteria can be a powerful weapon in the war against spots. Research published in the Handbook of Diet, Nutrition and the Skin earlier this year backed up the theory that slathering the skin in scientific concoctions helps boost the body's micro-environment. And the beauty industry is getting in on the act with a host of skincare brands infusing their formulations with probiotic and prebiotics to help you zap zits for good.

**TOP TIP** 'I like OptiBac Probiotics For Daily Wellbeing. It's an affordable daily probiotic supplement with prebiotics, and no nasty additives,' advises Shona.

● £10.20, nutricentre.com

### → DIY ZIT-BUSTER

#### FEED YOUR FACE

Soothe your skin and banish pimples with this simple face mask. Oats are fabulous at combating signs of redness, while manuka honey has plenty of anti-inflammatory and antibacterial properties. Add in some live probiotic yoghurt for a hefty dose of that awesome skin-soothing bacteria.

- 2tbsp ground oats
- 1tbsp manuka honey
- 2tbsp live probiotic yoghurt

Combine all the ingredients into a paste (adding more as required), and apply to the skin. Leave for 10 minutes then rinse with warm water.

### END ACNE

Stop spots in their tracks with these good bacteria buys

#### 1 MEDIK8 HYDR8 BETA MATTIFYING HYDRATOR PREBIOTIC TECHNOLOGY

This hydrating moisturiser contains prebiotic cinnamon extract to stimulate the skin's natural microflora, keeping your complexion clear and regulating sebum production. It's a saviour for problem skin.

● £34, skinbrands.co.uk



#### 2 CLINIQUE REDNESS SOLUTIONS MAKEUP SPF 15

This oil-free foundation is packed with friendly bacteria to strengthen the skin's natural defences and reduce redness in a flash. Great for rosy complexions!

● £23, clinique.co.uk

#### 3 NUDE ADVANCED CELLULAR RENEWAL SERUM

Beat breakouts and wrinkles in one with this all-natural probiotic serum, which contains a high concentration of good bacteria to turbocharge the skin's immune system.

● £68, beautybay.com



#### 4 L'OCCITANE SHEA BUTTER ULTRA GENTLE MOISTURISER

Soothe spotty skin with this gentle moisturiser. The special formula combines liquorice, shea butter and prebiotic sugars derived from wheat and beetroot to protect against pesky environmental nasties.

● £25, escentual.com

#### 5 MURAD SKIN PERFECTING PRIMER BLEMISH AND SHINE CONTROL

Swap pore-clogging foundations for this multitasking probiotic-based primer, which contains salicylic acid to reduce blemishes and banish dull, dry skin.

● £29, murad.co.uk



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