

Experts Reveal THE NEW INGREDIENT YOU HAVE TO TRY

Detox Debate IS THE LATEST DIET TREND SAFE?

NEWBEAUTY

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THE BEAUTY AUTHORITY

LOSE

30
POUNDS FAST!

THE
BEST
WAY TO
GET THICK
SHINY
HAIR &

Khloé
BETTER THAN EVER!
HOW SHE DID IT.
WHY IT WAS EASY
AND WHAT'S NEXT

LOOK
sexy
NOW!

PRODUCTS
of the
FUTURE
ARE HERE

fast ways to
Make
your look **Over**

4

THE BETTER-SKIN BOOSTER
*the booster that makes
 your products work better*

You only need the tiniest drop of Elizabeth Arden Superstart Skin Renewal Booster to make skin look instantly better and healthier. Over time, it works to build up skin's defenses with its proprietary probiotic complex and also makes other skin-care products more effective. \$45, elizabetharden.com

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THE MEGA MOISTURIZER
*the ultimate remedy
 for dry patches*

With coconut oil, cocoa beans, probiotic yogurt, and shea and cocoa butters, Soap & Glory Smoothie Star Body Milk is the antidote for dry areas. Its unique formula melts into skin instantly, but leaves it feeling supermoisturized hours later. \$12, ulta.com

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THE MULTITASKING TREATMENT
*a farm-to-far option
 for perfecting skin*

Spoiked with fresh ingredients straight from the farm, Aloette Beauty Parfait Probiotic Yogurt Treatment is infused with yogurt proteins and papaya extracts that provide an optimal environment for skin to produce collagen naturally, which helps reduce the appearance of wrinkles over time. \$50, aloette.com

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THE EXFOLIATING PEEL PADS
*real results without
 the downtime*

One swipe of mybody's Glowbiotics Probiotic Instant Resurfacing Pads reveals a radiant glow and refreshes tired-looking skin. \$49, mybodyskincare.com

THE BEAUTY BENEFITS

Beyond better skin and good digestive health, the probiotics you take internally have quite a few more benefits when it comes to keeping you gorgeous.

ANTIOXIDANT & LISTER: "Probiotics provide protection from chemicals and allergens that can trigger pro-inflammatory reactions and conditions," says celebrity nutritionist Paula Simpson. "They help strengthen the skin's barrier function, and there is solid clinical data that shows certain friendly bacteria act as major antioxidants that help to protect the cellular membrane component of cells."

BODY BOOST: Another bonus of these beautifying bacteria: their ability to keep you slim and trim. In a recent study reported on by the *British Journal of Nutrition*, the probiotic *lactobacillus gasseri*, which can be found in miso, kefir and kimchi, was directly linked to a decrease in belly fat. "If that wasn't enough, the presence of probiotics in the gut actually reduces cravings for things like carbs, sugar and alcohol," says celebrity nutritionist Cynthia Pasqualetta.

HAIR + NAIL HELPER: These beneficial microbes work really hard at keeping your intestines clean and clear. "They attack foreign invaders to maintain healthy blood, which is essential for strong hair and nails," says Pasqualetta.

