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. $65, elizabetharden.com

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 superhydrated for hours later. $12, ulta.com

THE MULTITASKING TREATMENT
a farm-to-jar option for perfecting skin

Spiked 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

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 A-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 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 Pasquella.

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 Pasquella.