

**P**robiotics, known as “good bacteria,” have received a lot of attention for their ability to boost immunity and help with digestive problems. But a new body of research suggests that applying probiotics topically may offer anti-aging benefits.

Recognizing that the effects of probiotics might go beyond the digestive tract, entrepreneur David Watson and his wife, Christine, founded mybody, (*Mybodyskincare.com*) in Phoenix, Arizona.

“We decided to harness the power of topical probiotics to boost skin health and appearance,” says Christine. “The mybody approach to skin care effectively treats all skin types, and decreases skin sensitivity, redness, and inflammation, while reducing fine

lines and wrinkles.”

Applied topically, probiotic bioactives have two specific mechanisms of action that support clinical anti-aging objectives. First, they increase the skin’s ability to defend itself from environmental assault by fortifying the skin’s immune system. Secondly, they stimulate cellular regeneration, increasing key structural proteins like

collagen without injuring the skin or stimulating inflammatory pathways.

The Watsons are no strangers to the skin-care industry. In 1991, David developed the Biomedic line, one of the first medically dispensed skin-care lines distributed through plastic surgeons and dermatologists. He sold the company to L’Oréal in 2000 and went on to create the Philosophy line of skin-care products sold in retail stores like Sephora.

Seeking to build a skin-care line for the professional dermatology market that would combine medical-grade skin care with beautiful products that

women could display on their vanities, David teamed up with Christine, a former skin-care buyer at Harrods of London, to create mybody.

As a breast-cancer survivor, Christine felt it was important to create a cruelty-free skin-care line using ingredients that didn’t compromise the immune system. All mybody products eschew the use of phthalates, dyes, and sulfates, and thus do not interfere with the endocrine system.

“We use ingredients the body recognizes and can process without causing inflammation,” Christine says.

Indeed, the products

have a calming effect on the skin, working in the same way that oral probiotics work to ease the immune system.

“We just launched two facial masks formulated with probiotics that boost the skin’s immune system while providing a deep surge of hydration to thirsty skin,” Christine says. Next up for mybody: A replenishing, anti-aging oil launching in 2016, rife with a unique super-food bio-oil complex made up of omega fatty acids. The upshot: vitamins and antioxidants that protect the skin from sun damage and strengthen its protective barrier, bringing out inner beauty, naturally. 

# PRETTY ON THE INSIDE

How probiotic-stocked mybody heals skin from within.

By Linda Childers



Endocrine-safe ingredients are key to mybody’s gentle efficacy.