

16. Probiotic creams

Friendly bacteria aren't just great for your insides, they're a huge trend in skincare this year too. Just as they strengthen your gut lining, probiotics also strengthen your skin barrier and help calm inflammation. Hot US probio brands Glowbiotics and Tula are launching nationwide next month, and everyone from Pixi to Vichy are including friendly face flora in their spring skin launches.



Glowbiotics Probiotic HydraGlow Cream Oil