



# *POWER FOODS* **FOR YOUR SKIN**

*Fruit, vegies and probiotics  
are making their way from our  
kitchen to our skincare. Here are  
the latest delicious products to  
add to your beauty routine.*

## Skin foods

Chia seeds, acai berries, spirulina, red rice... these are just some of the trendy ingredients that have suddenly moved from the kitchen to the bathroom cabinet. The oils and extracts in these foods are thought to be capable of all sorts of beauty feats, from boosting collagen and hydrating dry skin to fighting free radicals.

“These foods tip the scales when it comes to the volumes of specific nutrients or minerals that benefit the body and the skin,” says Emma Hobson, education manager for the International Dermal Institute and Dermalogica. “Some foods are vitamins, which can strengthen or nourish the skin. Some are highly protective antioxidants, so are excellent at protecting skin. Some are amazing anti-inflammatories that have soothing properties.”

### **Elemis Superfood Facial Oil, \$119 (15ml),**

contains nine food extracts – it’s a veritable feast for tired, dull skin. The star ingredients are broccoli seed oil, which is high in vitamin C and antioxidants, and a whole bunch of fatty acid-enriched oils that are super hydrators (think cucumber seed, flaxseed, daikon radish and macadamia oil, to name a few). It’s potent, so just a few drops massaged over your face is plenty.



### **Philosophy Time In A Bottle 100% In-Control Serum, \$99 (38ml),**

doesn’t set to work until you pour the activator – the little red vial that contains a potent blend of fermented red grape, vitamin C and Himalayan red rice extract – into the serum, which contains a patented antioxidant complex of green tea, green coffee and bitter orange peel. Once combined, the serum is ready to neutralise free radicals, which speed up ageing. It starts to lose its efficacy after three months, so use it twice daily after cleansing. It’s lighter than a traditional oil, so it won’t cause your makeup to slide.



### **Ella Baché Spirulines Eye Lifting Patches, \$34 for four,**

are like a big green juicy drink for your skin. They’re packed with spirulina and a few other hard-working skin boosters, such as caffeine and hyaluronic acid, which help reduce the appearance of dark circles, lines and signs of general tiredness. These are no mess, no fuss and super convenient. ➤





**The Beauty Chef Probiotic Skin Refiner, \$69.95 (100ml)**, contains a concentrated dose of fermented organic grains, seeds, grass, fruit, algae, vegetables and herbs to help balance the skin's natural flora and strengthen the protective barrier – the key to achieving a healthy glow. The bio-fermented lactic acid also acts as a gentle exfoliant; it's great if you have sensitivities and can't use anything abrasive. Add a few drops to a damp cotton pad and swipe over skin.



**Burt's Bees Intense Hydration Cream Cleanser, \$24.95 (177ml)**, will kickstart your healthy skin regimen with a gentle probiotic-enriched cleanse – in other words, it will bustle away dirt and grime but leave the skin's 'good' bacteria to go about its business.

## Probiotics

You may not be aware of it but hundreds of different strains of bacteria live on the surface of our skin – most of which are beneficial. But just as in our digestive system, dietary and environmental factors may cause imbalances.

Researchers now believe that, rather than continually scrubbing away 'bad' bacteria, we're better off encouraging the 'good' bacteria on our skin to thrive. How? With probiotics – they're masters at fighting inflammation, the root cause of most skin imbalances, from acne to premature ageing. In

skincare, probiotics tend to come in the form of fermented extracts rather than live bacteria.

"With lacto-fermentation, the bacteria pre-digest the ingredients, making the nutrients more bio-available," says Carla Oates, founder of The Beauty Chef. "We don't need to make super-duper synthetic ingredients in a lab to achieve 'active' ingredients. We have this incredible process that turns natural ingredients into active ingredients – and it's all done by nature!"



**Vanessa Megan Prebiotic + C Brightening Exfoliator, \$54.95 (75g)**, does double-duty beauty. The rice-powder formula can be used as an exfoliant (mix with water and massage over skin) or a mask (leave it on skin until dry). Its wonder ingredient is yogurtene, a prebiotic and probiotic which feeds friendly bacteria on the skin with a dose of protein, lactose, vitamins and minerals.