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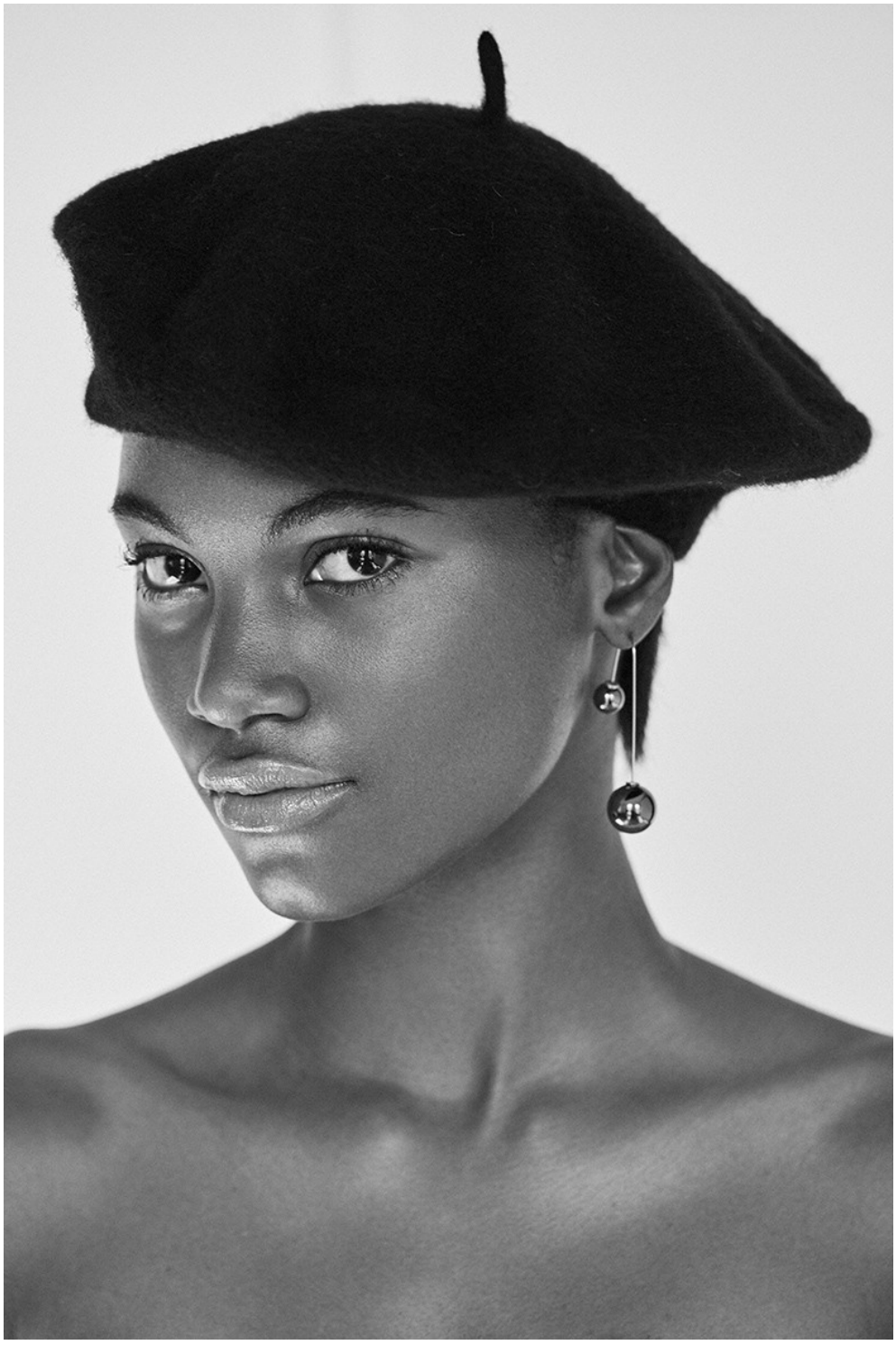

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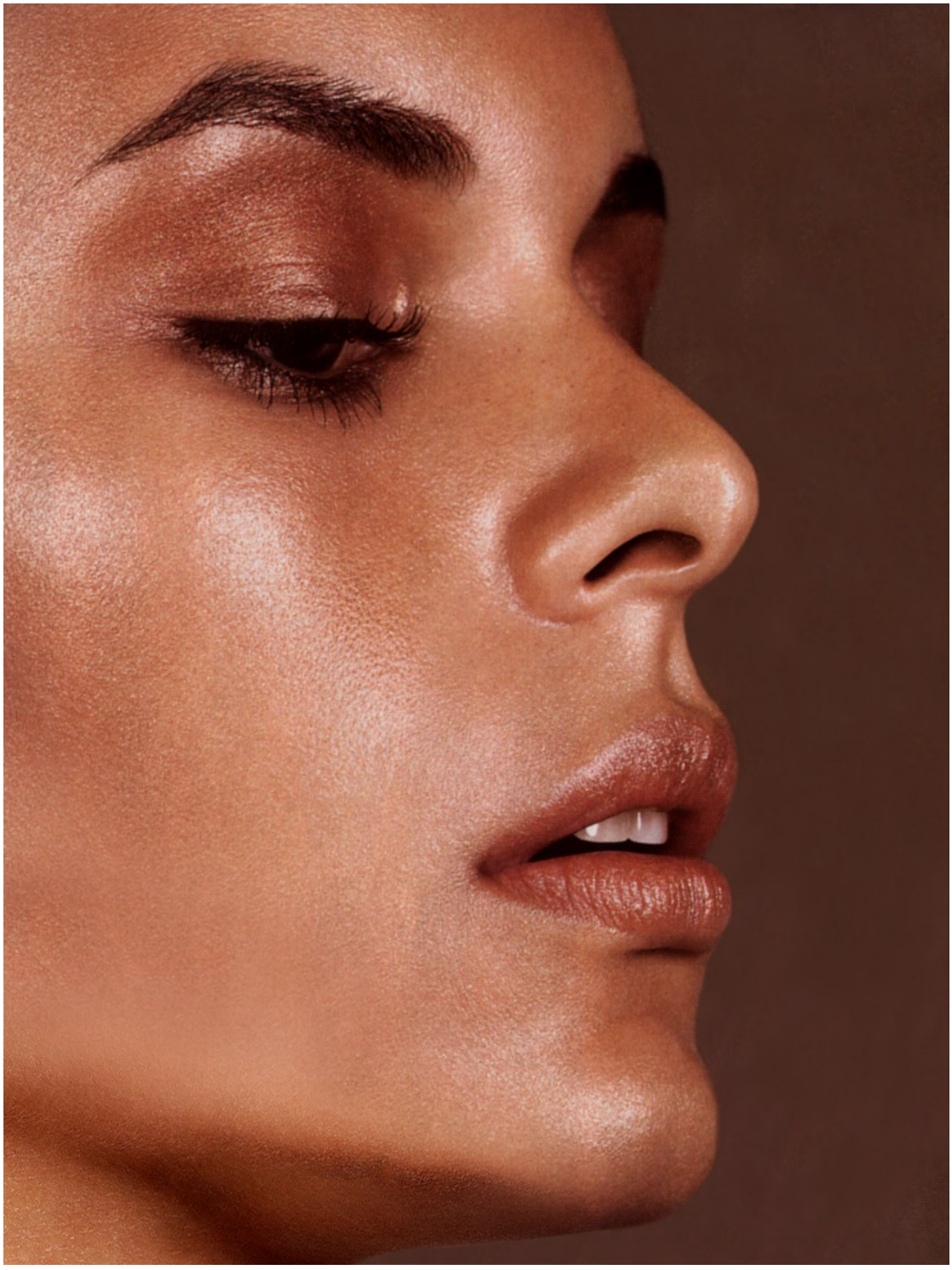

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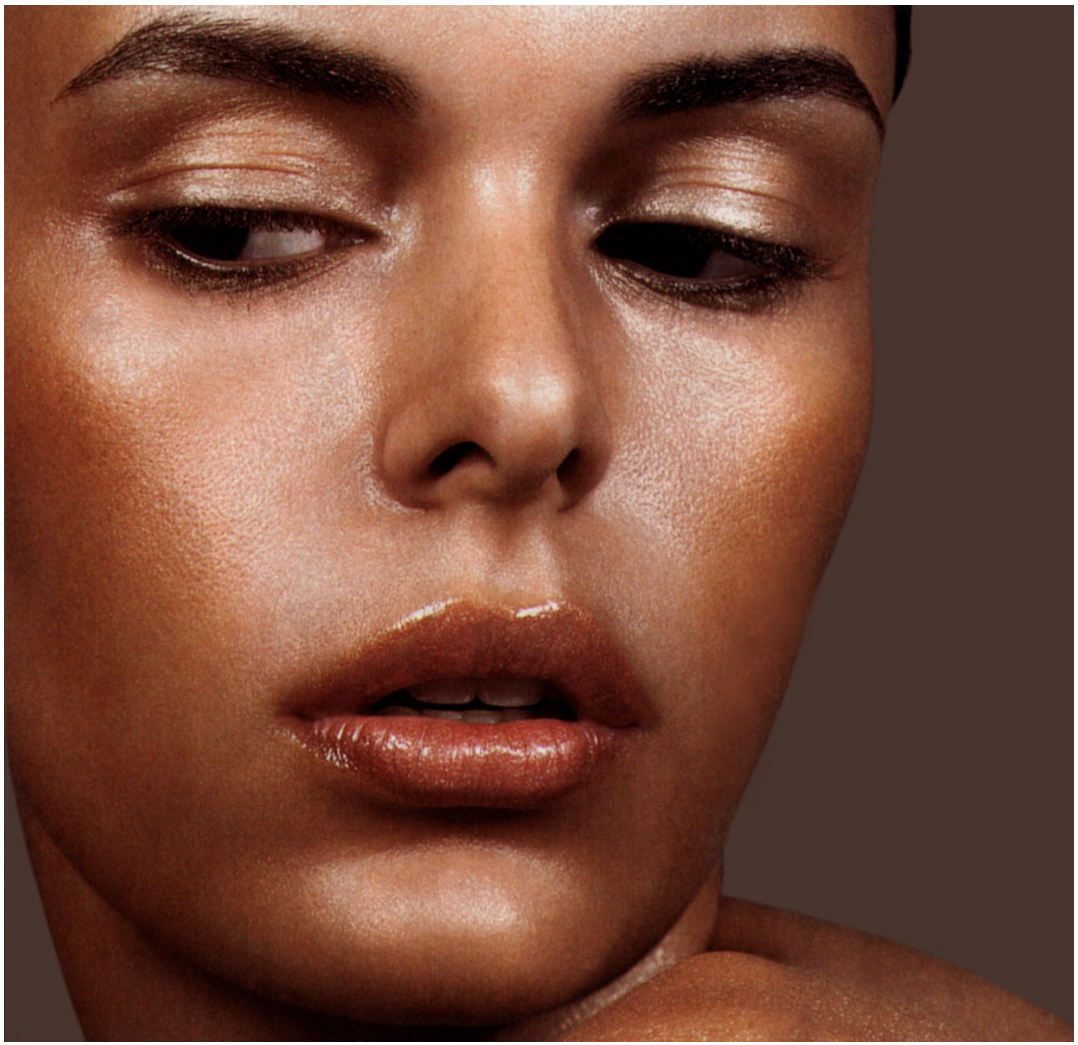

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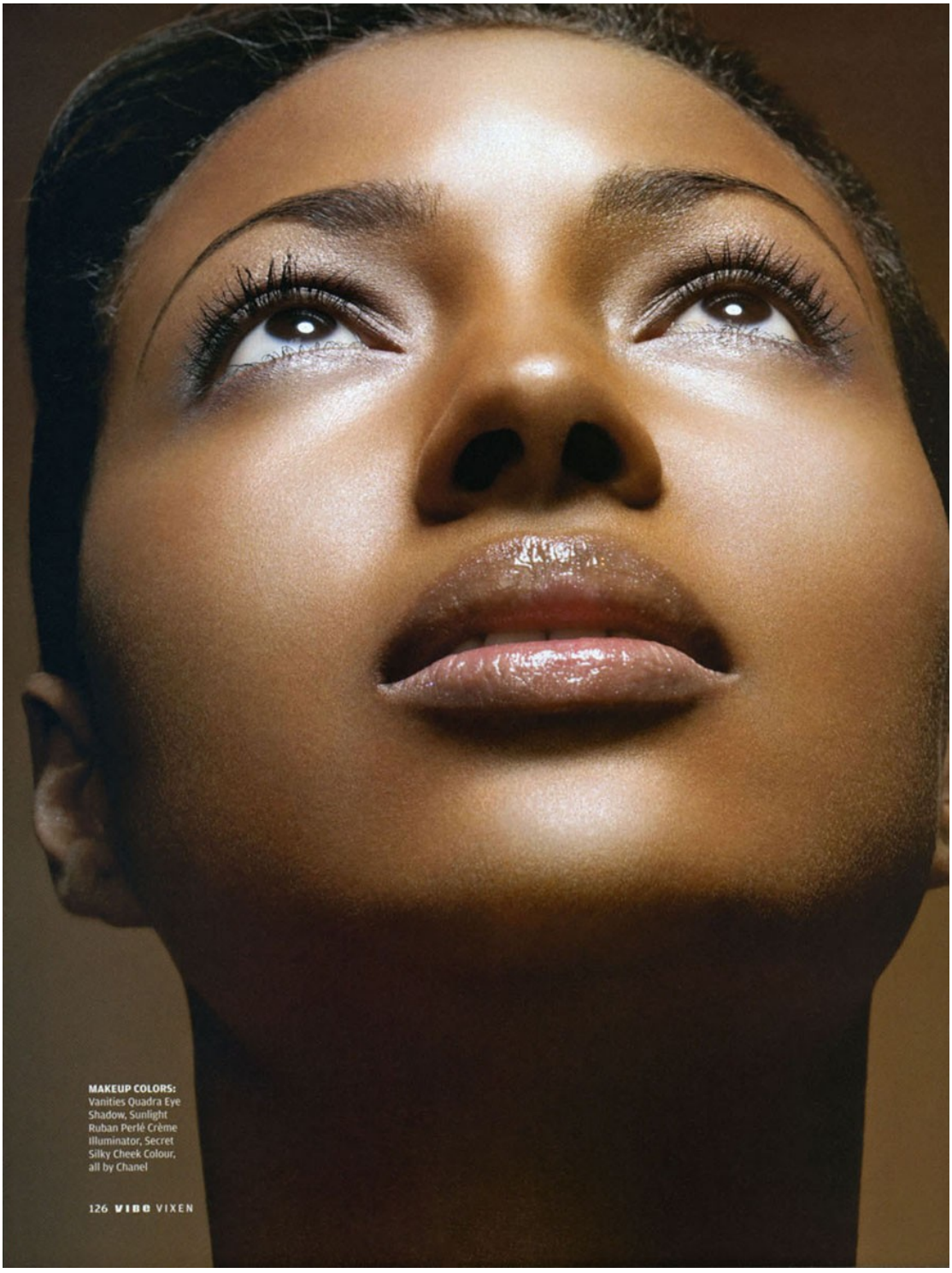

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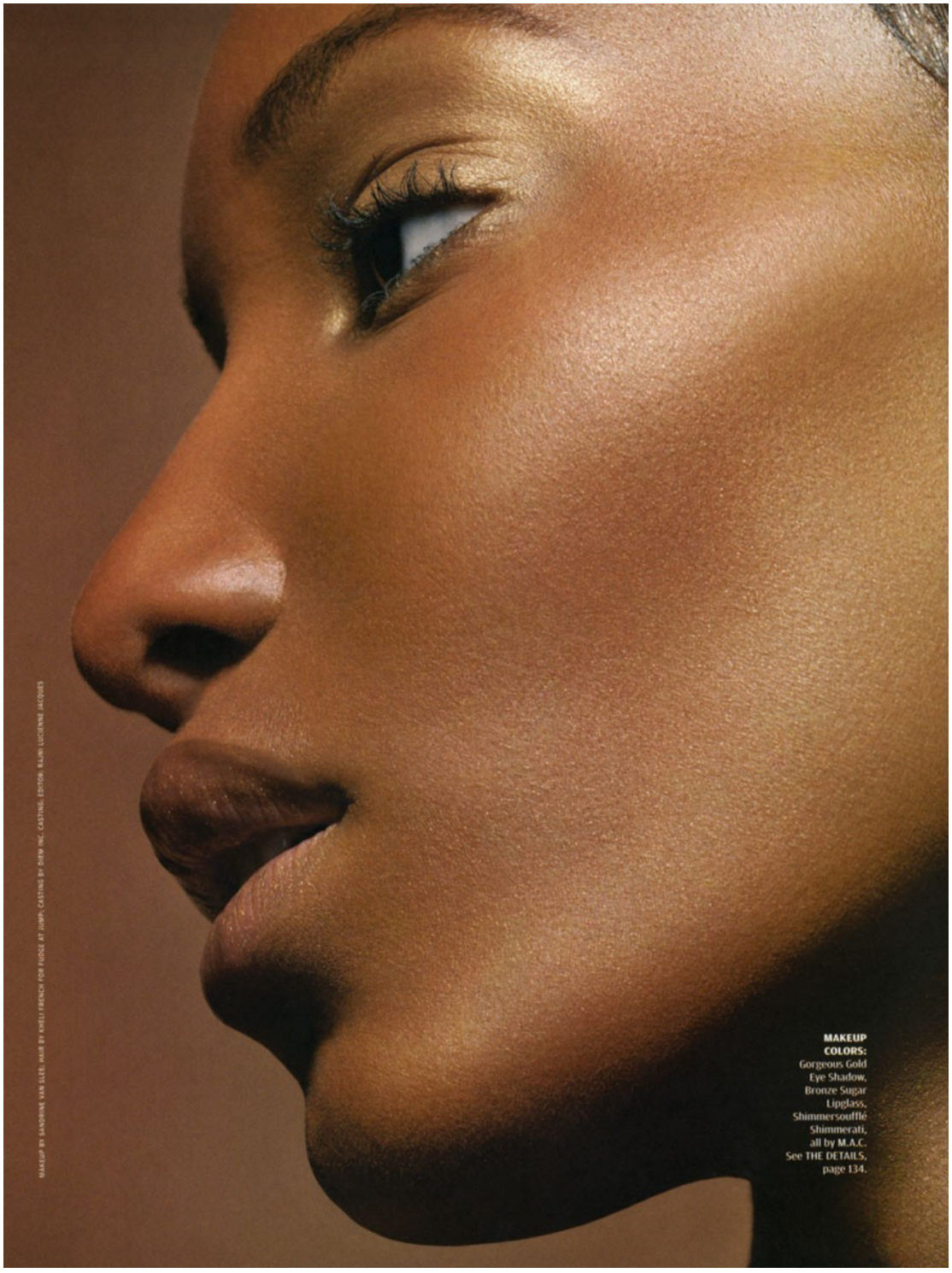

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The belly-beauty link

"Research shows that people with healthier and more diverse gut microbiomes tend to have healthier fatty acids in their skin, meaning it's more hydrated and plumper," says Carla Oates, the author of *The Beauty Chef Gut Guide*.

Because of these findings, we're starting to see more probiotics and prebiotics (food for your gut bacteria) targeting your skin as well as your stomach. "There is some new evidence that probiotics may help minimize photodamage to the skin," Dr. Chwalek says. Other research shows that the duo may also help treat inflammatory issues like acne.

To nourish your gut, remember the two Fs: fiber and fermented, Oates says. "Fiber is good for gut bacteria and the gut lining. And kimchi and kefir are rich in live bacteria that help improve digestive function for optimal well-being and generating a glow. "If you're looking to supplement, Oates says lactobacillus, bifidobacterium, and saccharomyces strains of probiotics all have proven skin benefits.

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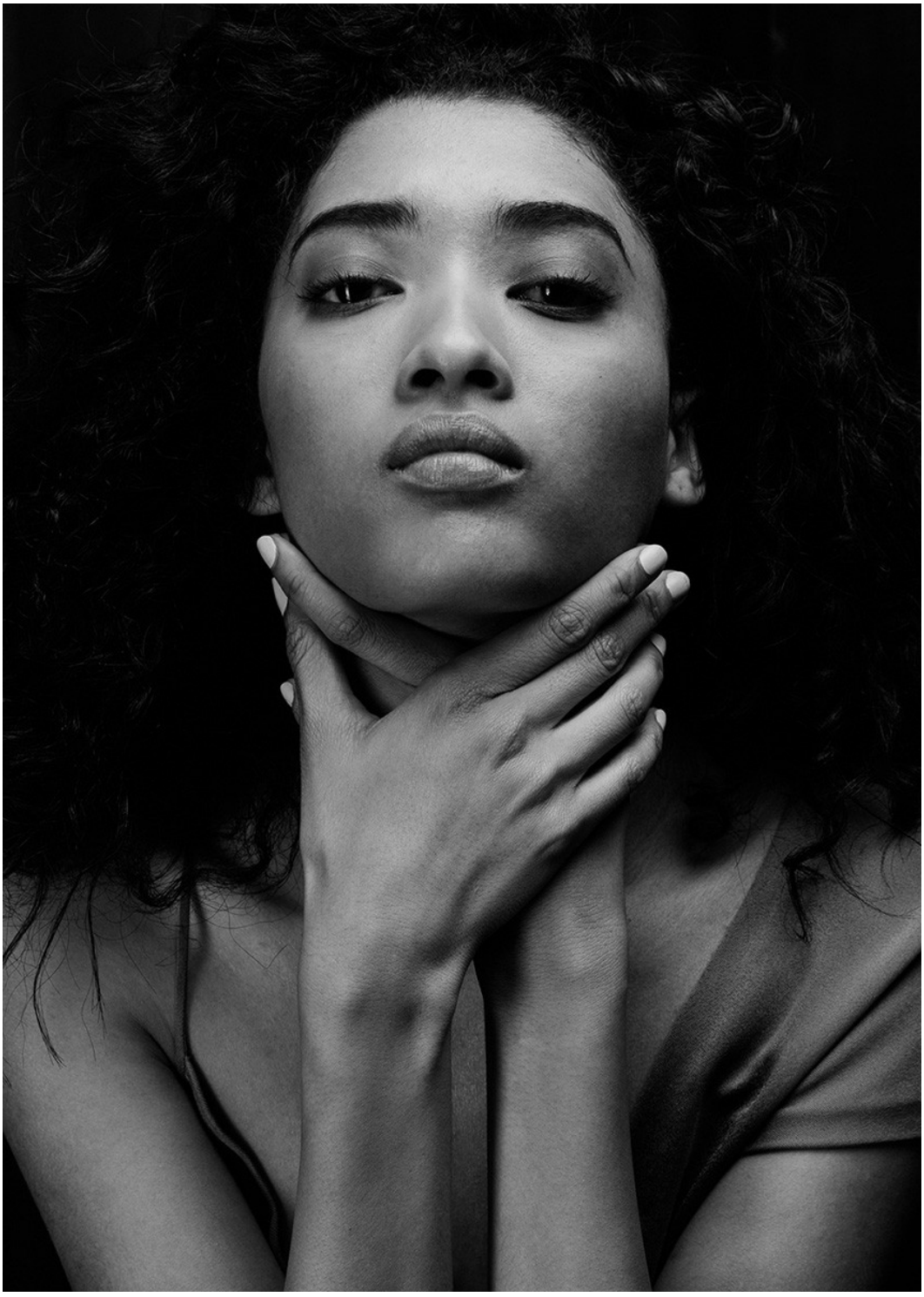

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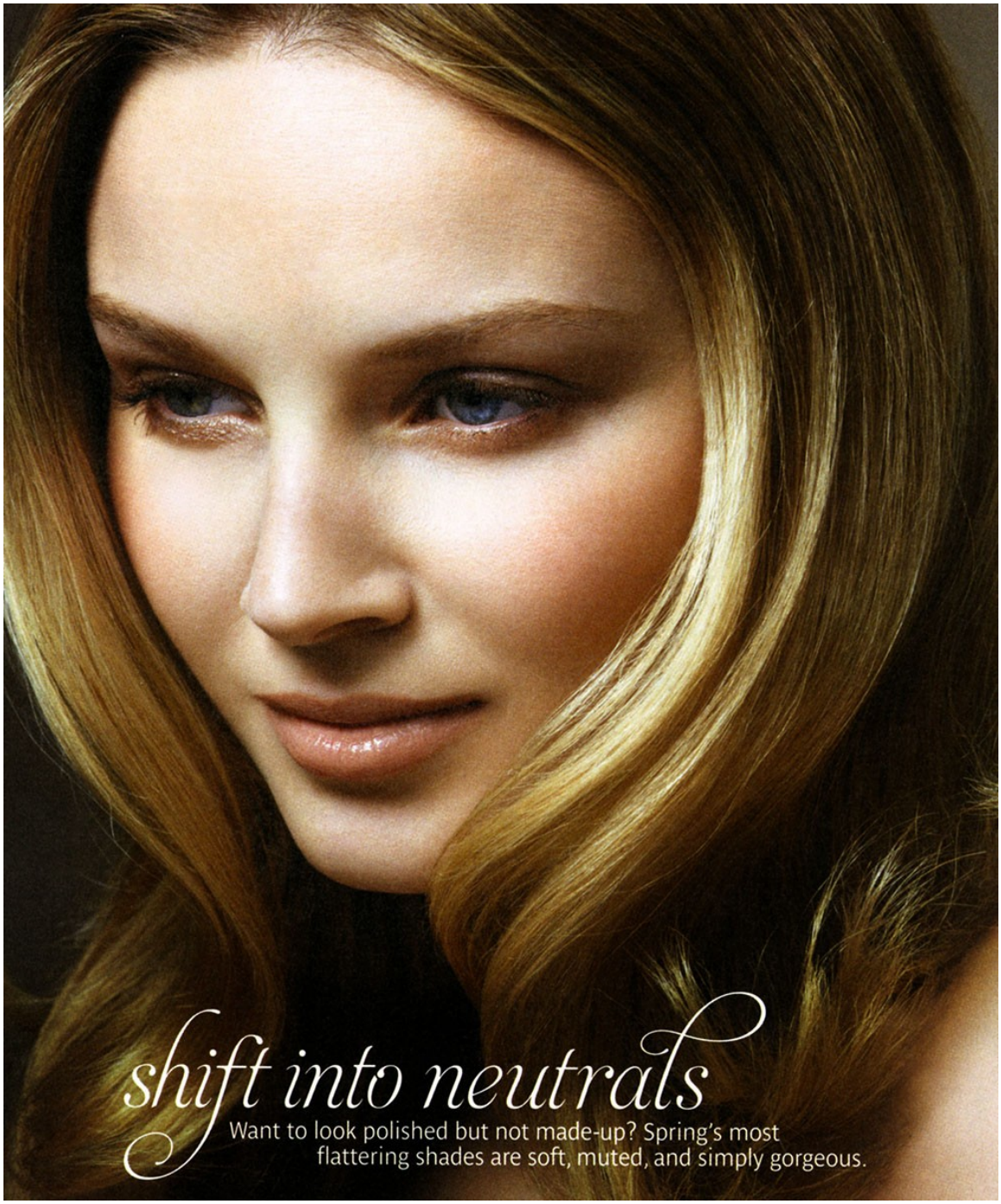

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Diese Seite: Damit langes Haar bis in die Spitzen schön und gesund bleibt – „Lifetex Nutri Care Sun Sealing Fluid" von Wella (11,50 €) repariert Schadstellen und wirkt gegen Spli
Rechte Seite: Nach Sonnenbädern ist Après-Pflege nicht nur für die Haut, sondern auch fürs Haar ein Muss. Die Kur „Sun Guardian" aus der „BC Hairtherapy"-Linie von Schwarzkopf Professional (11 €) regeneriert mit Aminosäure und Aloe vera. Bikini von Wolford. Auf diesen und den beiden vorigen Seiten: Frisuren von Peter Savic für Aartistloft. Make-up: Sandrine van Slee für Art Department, mit Produkten von L'Oréal Paris. Moderedakteur: Susanne Kölmel. Assistenz: Verena Gralert. Redaktion: Regina Stahl. „VOGUE Adressen": ab Seite 209.

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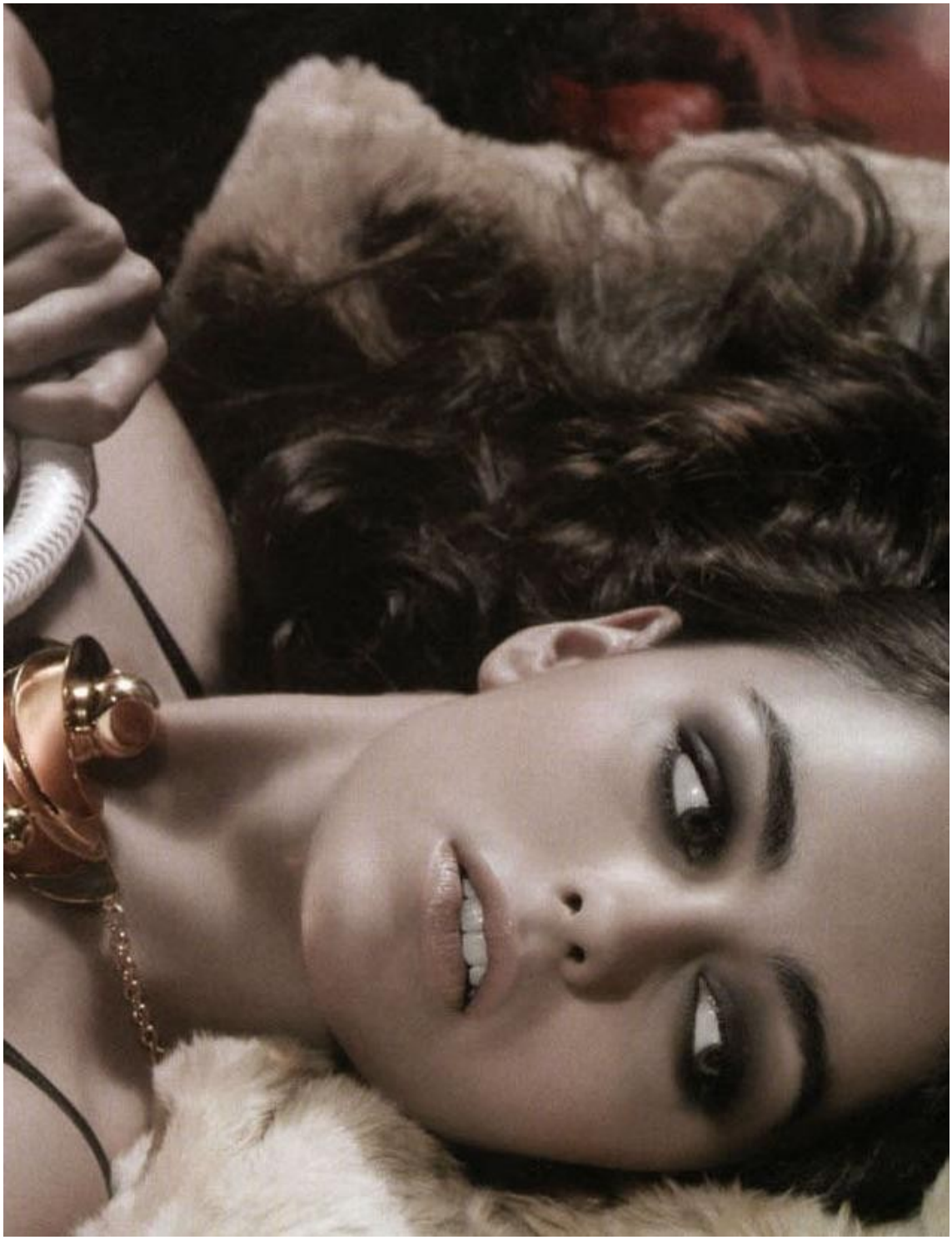

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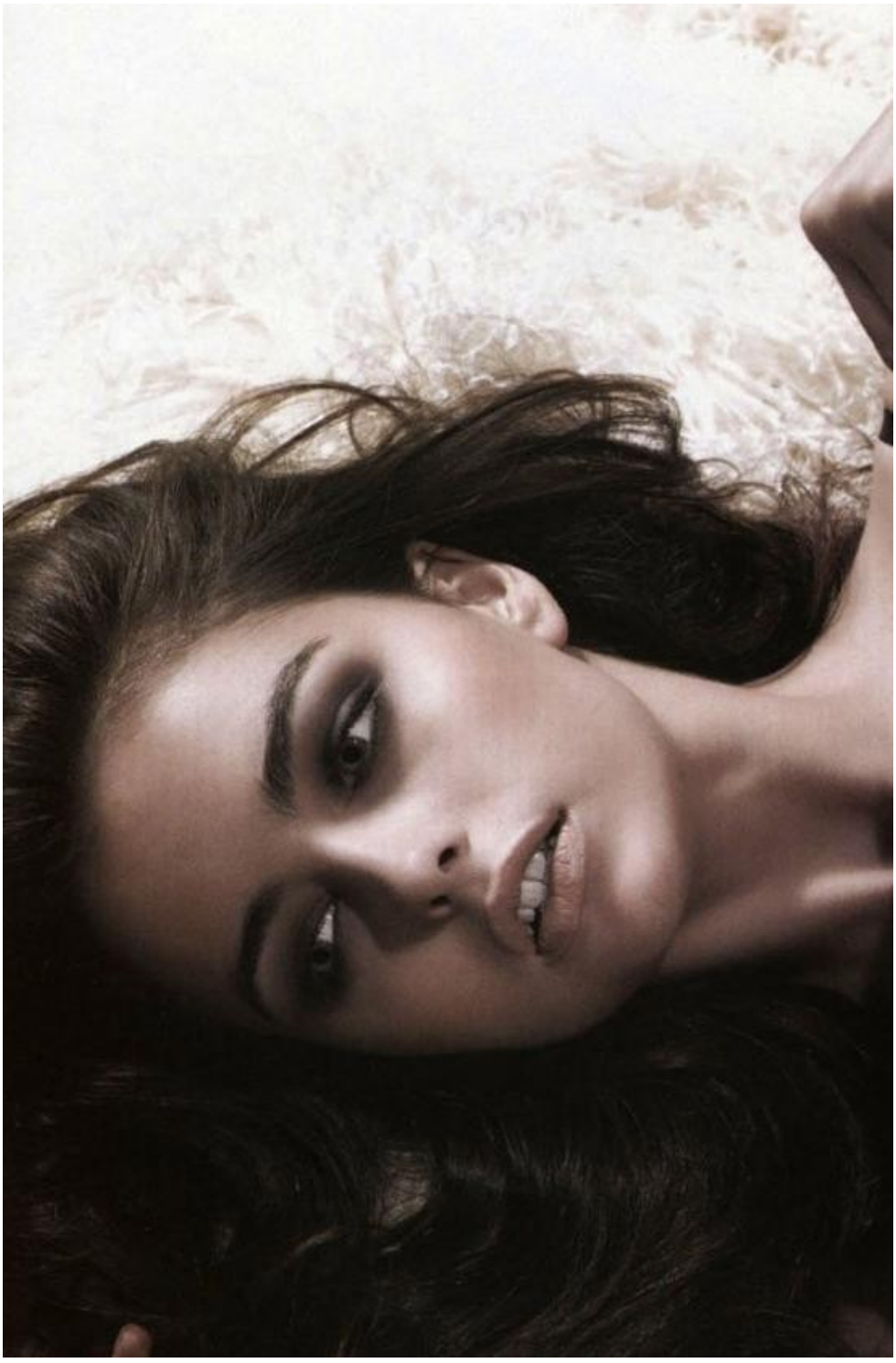

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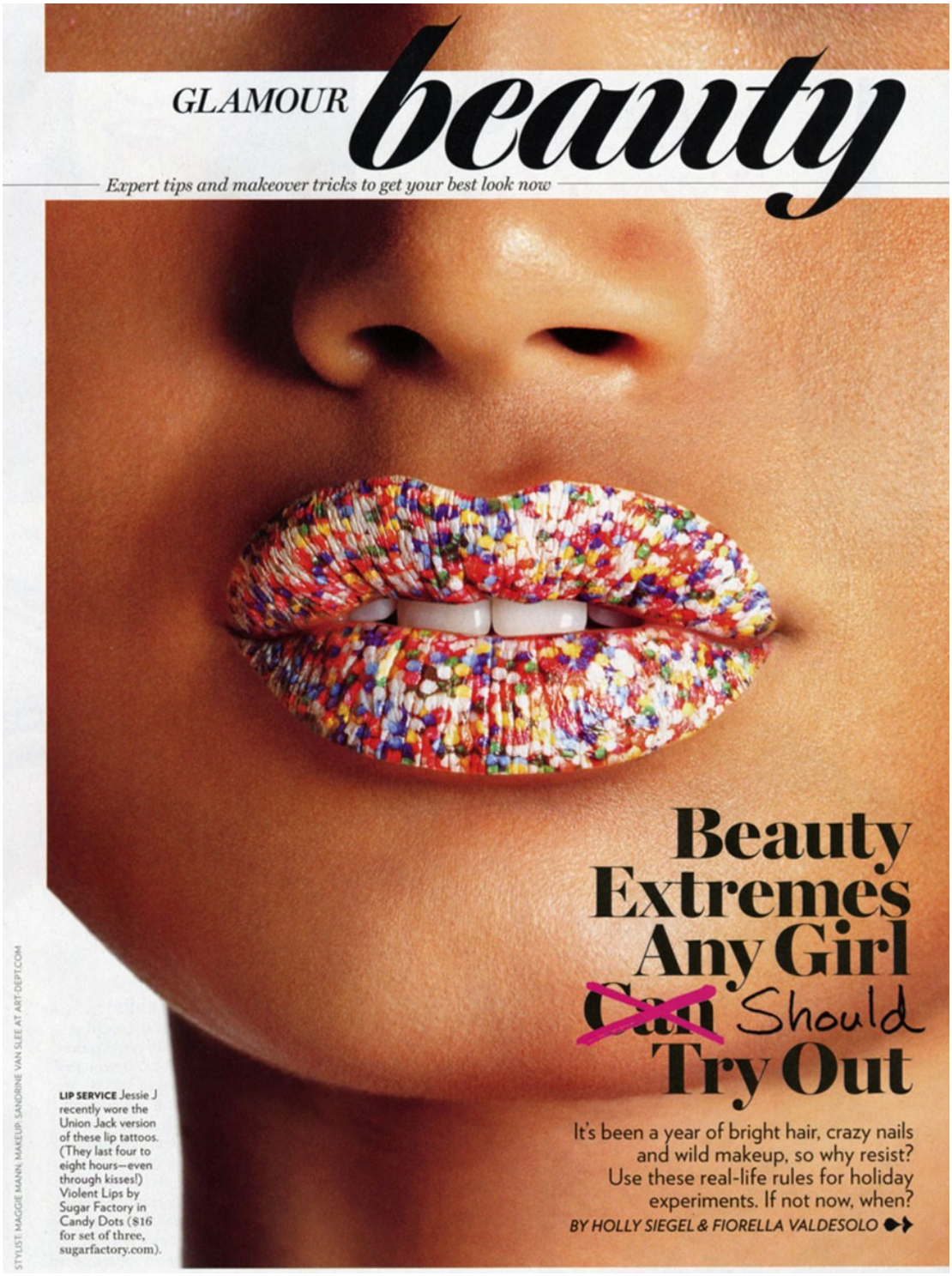

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