

Beauty of **Microbes**

By supporting healthy inflammation and immune health, targeting the gut-skin axis may offer a novel mechanism by which to improve skin health.

by **SEBASTIAN KRAWIEC**, *Managing Editor*

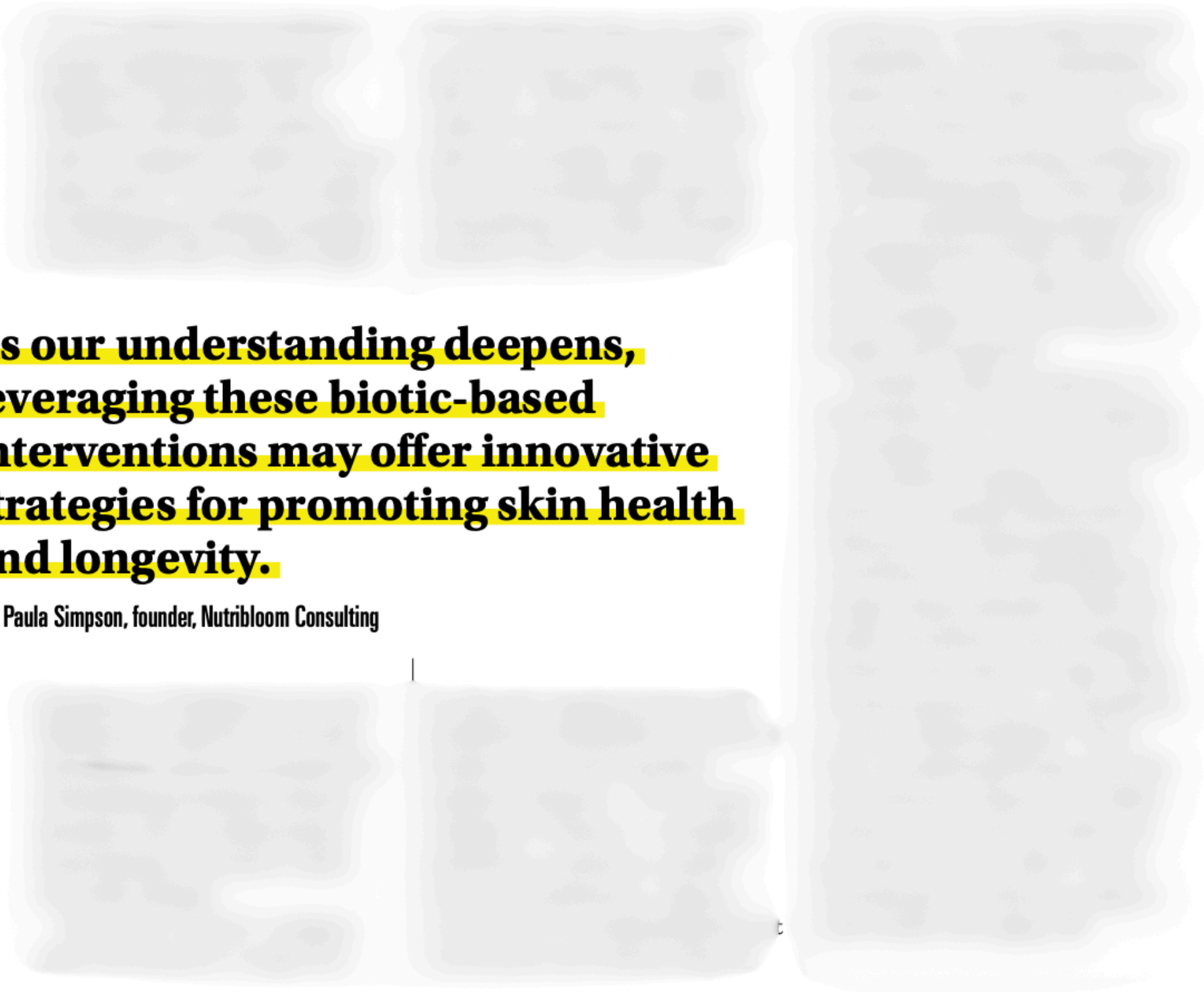
THERE IS A GROWING BODY OF EVIDENCE that demonstrates a relationship between the gut microbiome and skin health. This relationship, more specifically, involves immune response. “The microbiome plays a direct role in regulating the equilibrium between pro-inflammatory and anti-inflammatory responses within the gut,” says Paula Simpson, founder, Nutribloom Consulting, a nutricosmetics innovation, formulation, and brand expert. “In the context of skin health, there is a strong link between the gut and skin microbiomes. Many skin conditions, including atopic dermatitis, psoriasis, acne vulgaris, and dandruff, are associated with imbalances in both the gut and skin microbiota. The microbiome serves as a key regulator of immune function, maintaining homeostasis through bidirectional communication with tissues and organs. When this balance is disrupted (dysbiosis), it can lead to an altered immune response, contributing to inflammatory skin disorders.”





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As our understanding deepens, leveraging these biotic-based interventions may offer innovative strategies for promoting skin health and longevity.

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