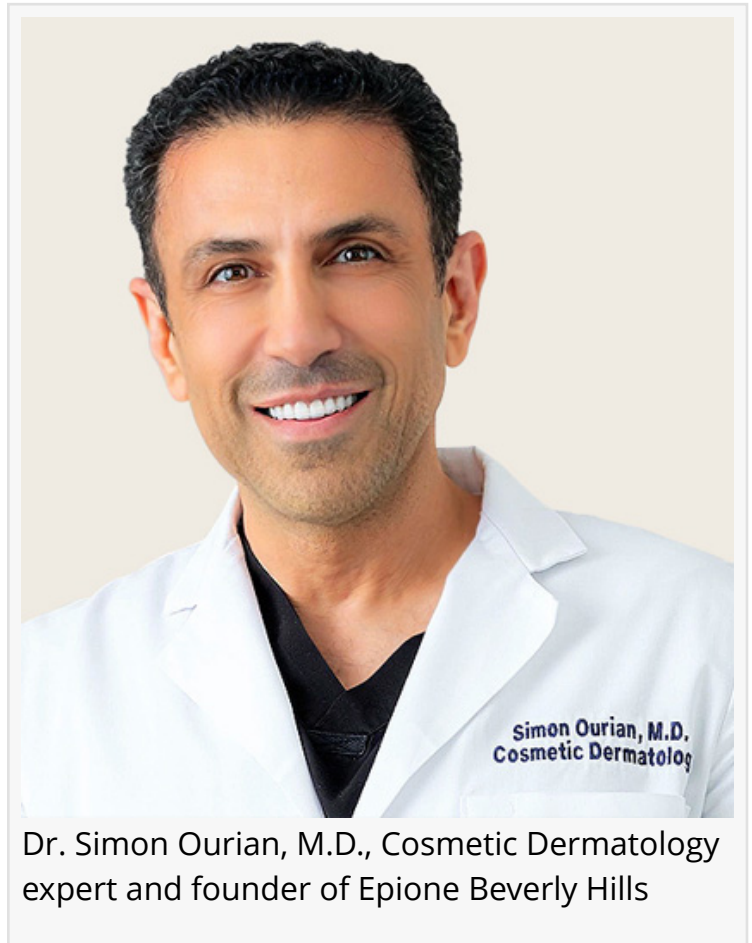


# Dr. Simon Ourian Reviews Probiotics in Skincare: Unveiling the Truth Behind the Trend

*Dr. Simon Ourian shares expert insights on their benefits and potential drawbacks.*

BEVERLY HILLS, CALIFORNIA, UNITED STATES, August 29, 2024 /EINPresswire.com/ -- In the world of aesthetics, Probiotics have become a popular remedy for individuals looking to improve their skin's health and appearance. The 2020s has proven itself to be the decade of self-image. People all over the world who seek aesthetic treatment or tips are looking every day for a new product or technique that is beneficial for them to use. Probiotics in skincare are a promising addition to the world of aesthetics, offering various benefits, especially for those looking to maintain healthy, balanced skin.

Dr. Simon Ourian, founder of [Epione](#) Beverly Hills, has been the premier provider of aesthetic treatment in the world for over 25 years. He has been trusted by some of the biggest names in Hollywood to keep them looking young, fresh, and vibrant. Dr. Simon cannot stress enough to his patients or anyone else how important routine and diligent care and maintenance for your skin are. He will share his expert review and insight into the pros and cons of Probiotics and what to expect from them.



Dr. Simon Ourian, M.D., Cosmetic Dermatology expert and founder of Epione Beverly Hills

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It is important to choose products wisely and always consider your skin type and needs”

*Dr. Simon Ourian*

Pros:

- Probiotics have been proven safe and effective for all skin types
- Probiotics can strengthen the skin's natural barrier, helping to retain moisture and protect against environmental damage
- Probiotics can help improve skin elasticity and reduce the

appearance of fine lines and wrinkles.

- Assists with reducing hyperpigmentation and even out skin tone by promoting healthy skin cells all over
- Soothes inflammation, making them beneficial for conditions like acne, rosacea, and eczema
- Promoting the growth of beneficial bacteria, Probiotics help maintain a balanced skin microbiome, which can prevent issues like breakouts and irritation.

Cons:

- Probiotics might not work well with certain other skincare ingredients, potentially reducing their effectiveness.
- Probiotics are live microorganisms, so they can be sensitive to temperature and packaging, which might affect their potency
- Though rare, some people may be allergic to certain probiotic strains or the formulation they're in
- Suppose the probiotics are not correctly formulated, stored, or used. In that case, they may lose their effectiveness or not provide the desired results.
- In rare cases, introducing new bacteria to the skin could disrupt the existing microbiome, leading to issues like fungal infections or acne flare-ups.

Versatility

People choose Probiotics for various reasons, often related to their potential benefits for digestive health, immune function, skin health, and overall well-being. Probiotics help replenish the bacteria in the gut, especially after taking antibiotics, which can disrupt the natural balance. Many people use them to manage conditions like irritable bowel syndrome, inflammatory bowel disease, constipation, bloating, and more. Since a large portion of the immune system is located in the gut, maintaining a healthy gut microbiome with probiotics can strengthen the body's natural defenses against infections and illnesses. Probiotics may help prevent or reduce the severity of colds, flu, and other infections. Some studies suggest that probiotics can influence weight and fat distribution by altering the gut bacteria involved in metabolism and energy regulation.

About Dr. Simon Ourian and Epione Beverly Hills

Dr. Ourian is a renowned expert in cosmetic dermatology and is greatly celebrated by some of the biggest names in Hollywood and across the world for techniques of non-invasive procedures. Epione Beverly Hills offers cutting-edge treatment and personalized care on a patient-to-patient basis.

For more information or to schedule a consultation, please visit [www.epione.com](http://www.epione.com) or call/text (310) 651-6267.

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