

**totalbeauty****Can Drinking Kombucha Get Rid of Acne?**

Kristen Bousquet | October 24, 2017



Ever since I can remember, I've been getting acne all over my face. I'd wake up to head to school, dust on some BareMinerals powder to "cover" my imperfections, then spend the rest of the school day avoiding eye contact with literally everyone.

I spent a lot of time (and money) testing out all the "best" skin care. The girls at Sephora knew me by name, because I'd stop in just about every month to complain that the product they recommended last month didn't do anything for my acne. I used to get so frustrated when my mom would tell me, "Stop using so much different stuff on your face!" and me responding, "But I'm a beauty writer, mom!"

It finally came to a point about a year ago that I realized that maybe my skin care routine wasn't the problem. I knew that I was using good products, so why the heck was I still breaking out? I mostly experienced angry, cystic pimples that hid under the skin -- usually until an important day -- then they'd come out to play (and embarrass the sh\*t out of me).

That's when I came across an article that spoke about how much what you take into your body has to do with the things you see outside your body. I scoffed it off mainly because I knew that I ate like a 12-year-old (and couldn't even think about having to cut myself off of pizza and macaroni and cheese). In the back of my mind I could help but think, could this really be the issue?

## My Skin After



It's been a little over two weeks and I honestly couldn't be happier. After sippin' on this fine probiotic goodness, I haven't gotten one. new. pimple. AND to make things even better, the little devil on my forehead had completely disappeared.

Still, I figured it best to check my online research and science experiment of one with an actual skin expert. That's when I tracked down Los Angeles based, board-certified dermatologist Dr. **Ava Shamban**, founder of SKINxFIVE to find out if there was in fact any medical proof that kombucha could cure my acne.

According to Shamban, it's not proven but it is plausible. While there is "no direct data supporting the influence that kombucha can have on acne, data does exist that supports the positive effect that probiotics can have on acne." Since kombucha is loaded with probiotics, "it is conceivable that the product can improve acne," Dr. Shamban noted.

Good enough for me!

It's safe to say that I will likely start loading probiotics into my daily routine whether it be through drinking my daily kombucha or taking a daily probiotic supplement. The effect that the friendly bacteria has had on my skin is like no other, and I can't thank my esthetician enough for introducing it into my world.

<http://www.totalbeauty.com/content/slideshows/kombucha-for-acne-171010/page1>