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Live Probiotic Mist FAQ

# Storage and Viability

Live Probiotic Mist FAQ

I left my Live Probiotic Mist in a hot car. How do I know if the probiotics are still alive?  
The probiotics are stored separately in a sealed vial, filled under controlled conditions. *B. coagulans* is stored in spore form, making it highly resistant to everyday temperature fluctuations. While it's not practical to test the product for live microbes after an occurrence like this, leaving the product in a hot car just once likely won't destroy the endospores, which are fairly resistant. Therefore, it's worth continuing use until it's been three months since activation. Of course, we suggest avoiding exposure to unusually high temperatures whenever possible.

I activated my Live Probiotic Mist more than three months ago. Can I still use it?  
Our stability studies show that probiotics remain at highly active levels (1 million CFU/mL) for 90 days (three months) after activation. Using the product beyond this period may result in reduced probiotic benefits, as the live levels may no longer be optimal. For best results, use within 90 days of activation, ensuring that the product is still within its expiry date.

What’s the best way to store my Live Probiotic Mist after activation?  
Store your activated Live Probiotic Mist at room temperature, away from direct sunlight and heat. **Pro Tip:** For optimal preservation, keep it in the fridge at around 7°C.

# Usage and Compatibility

I’m already using another Esse live probiotic product. Can I use Live Probiotic Mist too?  
Yes, you can combine the Live Probiotic Mist with other live probiotic products, including those from the Aesthetic and Clarifying Ranges. However, combining multiple live products increases the risk of probiotic overload, which may cause skin reactions in some individuals. A good approach is to use one live product in the morning and another in the evening, rather than layering them simultaneously. Monitor the skin closely for any signs of sensitivity.

I have very sensitive skin that reacts to everything. Is Live Probiotic Mist safe for me?  
Yes! Live Probiotic Mist has been specifically tested and proven safe for sensitive skin; however, a patch test is always advised.

Help! My skin is reacting to Live Probiotic Mist. What should I do?  
If you experience any reaction, discontinue use immediately and allow your skin to return to normal. Then, reintroduce the Live Probiotic Mist gradually, using it once per day initially. If reactions persist, discontinue use and consult your skincare professional or dermatologist. Although the product has undergone extensive safety testing with no reported adverse reactions, individual sensitivities can vary.

I forgot to shake my Live Probiotic Mist before using it. What could go wrong?  
The probiotics naturally settle at the bottom of the bottle over time. Shaking before use ensures even distribution. Without shaking, you might apply uneven concentrations — too high in some areas, which could potentially lead to skin reactions, or too low in others, reducing the benefits. Additionally, concentrated probiotics can clog the spray pump. For consistent results, always shake well before each use.

My skin is extremely dry. Can I use Live Probiotic Mist more than twice a day?  
The Live Probiotic Mist is designed for morning and evening use. We do not recommend using it more often, even on very dry skin, as the highly active probiotics could trigger skin sensitivity with excessive use. Instead, follow the mist application with a suitable moisturiser to boost hydration. The efficacy of The Live Probiotic Mist was tested in combination with a moisturiser during clinical trials.

Do I need to apply a moisturiser after using the mist?  
Yes. We recommend applying a moisturiser after using the Live Probiotic Mist for optimal results.

As a salon owner, can I use the mist during my professional treatments?  
Yes. You can use the Live Probiotic Mist tester during the misting step of your professional treatment. It’s a great way to introduce clients to this innovative product.

# Product Comparison and Benefits

Why would I choose Live Probiotic Mist over Sensitive Mist if both can be used for sensitive skin?  
While both can be used for sensitive skin, additional ingredients in the Sensitive Mist might make it a better option. Ultimately, it depends on your desired outcome:

* **Sensitive Mist** contains a tyndallised strain known for calming inflammation and strengthening barrier function.
* **Live Probiotic Mist** uses a live strain chosen primarily to enhance hydration.

If inflammation and reactivity are your main concerns, Sensitive Mist might be the better choice.

My client is using the Clarifying Range, which contains four strains of live lactobacilli. Should she also use the Live Probiotic Mist? Is more probiotics always better?  
More is not always better. The Clarifying Range uses specific strains and ingredients to address the pathogenesis of acne. The strain in Live Probiotic Mist is chosen mainly for hydration benefits rather than acne treatment. We recommend clients dealing with acne stick to the Clarifying Range exclusively to avoid unnecessary overlap and potential skin overload.

Can Live Probiotic Mist be used as a body product, for example, to help with back acne?  
While the Live Probiotic Mist improves hydration, supports barrier function, and modulates the immune system, it has not been formulated to treat acne. For mild to moderate acne vulgaris, including back acne, we recommend using the Clarifying Range.

Can the Live Probiotic Mist be used to treat eczema?

Introducing probiotics to the skin can be beneficial, but I wouldn’t describe it as a quick fix for eczema, as that could be seen as a medical claim. It’s best to use on a case-by-case basis. Some people might see improvement in their eczema, while others may not notice any relief. It’s worth giving it a try, but results will vary.

Which is better for sensitive skin: the Sensitive Mist or the Live Probiotic Mist?

That’s actually a trick question—it depends on the individual case. Both mists are beneficial, but the best choice depends on the primary outcome you want to achieve:

Sensitive Mist: The microbes and ingredients are designed to strengthen barrier function, interact with the immune system, calm and soothe the skin, and reduce inflammation. It’s ideal if your goal is to calm and support extremely sensitive skin.

Live Probiotic Mist: This mist is aimed at hydrating the skin, supporting barrier function, and balancing the microbiome. It can still be used on sensitive skin, but its primary focus is on hydration and microbiome support rather than intensive calming.

Ultimately, the choice depends on what you want to achieve with the client: soothing and calming, or hydration and microbiome support. Both are suitable for sensitive skin.

# Application Guidelines

Can a new user start using the Live Probiotic Mist immediately, or should it be introduced slowly like the Probiotic Serum and the Sensitive Serum?  
The lower dose of live microbes in the Live Probiotic Mist makes it suitable for immediate, twice-daily use. However, if any adverse reactions occur, discontinue use and then reintroduce the product more gradually. In contrast, our other live probiotic products are more intensive interventions with higher CFU counts and may require a slower introduction to avoid overload.

## How soon after an aesthetic treatment can I apply Live Probiotic Mist?

* **Minimally invasive treatments:** you can apply Live Probiotic Mist approximately 30 minutes afterwards.
* **More invasive treatments:** wait 2–4 hours, or longer if advised by your practitioner.

Can I use the Live Probiotic Mist continuously, or should I take breaks? Are there risks of overuse?  
The Live Probiotic Mist is designed for daily use. However, taking occasional breaks, such as a few weeks every couple of months, may be beneficial, especially if you are using other live probiotic products. Even with the lower CFU count, overuse could potentially cause sensitivity in some skin types. Always spritz the product directly onto the face, rather than spraying it into your hands before application, to ensure even distribution and avoid concentrated dosing.

# Technical Details

What is the CFU count/mL at the time of activation?  
The probiotic powder contains 1 billion live CFU per gram, and there’s 1g in the vial. When mixed into 50mL of mist, this yields a concentration of 20 million CFU/mL. Each application is approximately 0.5mL (four sprays), delivering around 10 million live bacteria per use, or about 2.5 million per spritz.

I use the Probiotic Serum at 1 billion CFU/mL. Isn’t a higher count of probiotics better?  
Not necessarily. Higher isn’t always better. The Live Probiotic Mist is intended for daily use, with a lower dose (around 10 million CFU/mL) to match typical native skin microbial levels (1 million – 10 million CFU/cm²) and avoid probiotic overload. In contrast, high-dose products, such as Probiotic Serum, are designed for targeted interventions and rapid shifts in the microbiome.

## How does *B. coagulans* differ from *Lactobacillus*?

*B. coagulans* is a spore-forming bacterium, whereas *Lactobacillus* is non-spore-forming. To produce *B. coagulans*, the bacteria are stressed by removing their nutrients before spray drying, forcing them into a spore form. Spores are extremely resilient, withstanding heat, cold, pH extremes, and dehydration. Once mixed into the mist, the spores remain dormant but become active upon application to the skin.

Could I use the Live Probiotic Mist in the morning and the Probiotic Serum in the evening?  
Yes! Using the Live Probiotic Mist in the morning and the Probiotic Serum in the evening is an excellent way to balance the benefits of both products without overloading the skin.

Can I use the Live Probiotic Mist in conjunction with products from other skincare brands?  
Generally, yes, especially if your existing skincare products are clean, organic, and free from harsh preservatives. Conventional products containing strong preservative systems or high chemical loads might reduce the efficacy of live probiotics. Fortunately, due to their robust spore form, *B. coagulans* has a better chance of surviving alongside other products. However, we continue to test various combinations for confirmation.

Now that the Live Probiotic Mist is part of the Core Range, will it eventually replace the Biome Mist?  
Currently, we have no plans to remove the Biome Mist from our offerings. Future decisions will depend on brand architecture, market demand, and global sales performance.

Can I find *Bacillus Coagulants* on my skin?

*B. coagulans* isn't generally present at significant numbers in the skin microbiome, but its ability to improve skin health has been well-documented. It's important to note that the goal of live probiotics isn't usually to introduce new species to the skin microbiome, but instead to leverage the activity of these microbes while they are present on skin. After applying the Live Probiotic Mist, the number of live *B. coagulans* on your skin will initially increase, but will slowly return to baseline over the next day or so - they don't necessarily become full-time members of your skin microbiome. However, it is their actions while present that provide the benefits we seek.

**Can we mix the Live Probiotic Ampoule into the mist instead of *Bacillus coagulans*?**

No, this should not be done. The powder in the mist has been optimised for a lower microbial dose suitable for daily use.

If you were to add the Live Probiotic Ampoule, which contains 5 billion CFU, into the mist, it would create a super-concentrated solution. Applying this to the skin daily or twice daily would risk probiotic overload, which is too much for the skin. The ampoules should only be used every 4–6 weeks during professional treatments to avoid this overload.

Can I put a new powder into an already active mist?

No, this is not recommended. The mist formulation has been carefully optimised for microbial dose, liquid volume, and daily application safety. Adding new powder could disrupt this balance and create safety and stability issues.