

TAB Beauty: Create a Bit of Zen with Miyu Beauty!



There's no doubt about it that planning your wedding can be a stressful time. As excited as you are to start a new chapter in your life, the pressure to plan the perfect wedding can make you a bit nutty! But before you go into bridezilla melt down mode (which is *so* against The Anti Bridezilla's mission statement!!), give yourself a moment of zen with Miyu Beauty!

Miyu Beauty is a whole body focused beauty collection that has become even more popular because they've created pairings that offer calming and yummy teas with beauty essence spritzes. I had the opportunity to try their **De-Stress Mi Pairing** which included a specially blended tea with a soothing facial mist. The tea is a gentle peppermint blended with licorice and chamomile which offers "anti-inflammatory properties to calm stressed complexions". The complimenting facial spritz also includes peppermint & licorice but adds honeysuckle, dandelion and ginger, plus five essential minerals to soothe skin while repairing barrier function!

I must say, I *love* the spritz because the spray actually releases in an even and soft mist as opposed to many facial spritzes which can feel more like your face is being attacked when you use them! And yes, the tea is pretty fab too! Although I received a full size essence facial mist (2.7oz), the essence is also available in an über travel friendly 1oz size!

For more information on Miyu Beauty, visit www.miyubeauty.com or follow them on Twitter @MIYUBeauty