

BY ELAINE ATKINS / HEALTH

= BEAUTY PICKS FOR A STRESS-FREE HOLIDAY SEASON =



This time of year is a hectic one for everyone. Gearing up for event after party after gathering, of all kinds (work, family, friends) actually ends up becoming a stressful situation to deal with. It's also the time of year where many of us feel under the weather, so, to make sure you stay as healthy & happy as you can during this crazy season, we've rounded up some of our best beauty products that can help promote a stress-free holiday season.



Miyu Beauty Soirée Essentials Kit,
\$69

For stress relief on-the-go, this essentials kit is the *perfect* companion. The *Hydrate Mi* beauty tea is full of anti-oxidant rich ingredients while the beauty essence contains botanicals to help draw moisture to your skin. As a bonus, this limited edition holiday kit comes with 14K gold-plated crystal earrings!

Tags

beauty for health

Caudalie

DAVIDs Tea

health

Holiday beauty

holiday health

holiday parties

MIYU Beauty

Ours by Cheryl Hickey

Saje

stress relief

The Body Shop

well being
