

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

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 - Caudalie
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