

REVIEW: MIYU HYDRATE MI BEAUTY ESSENCE

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I am a firm believer of "beauty comes from within" and so when I received the MIYU Hydrate Mi Beauty Essence I was delighted to learn that the mind behind the company also had the same mindset. Practicing good skincare habits should not be limited to what you apply to your skin, but must be extended to other parts of your lifestyle, as well. Such as what you put inside of your body and good exercise habits. MIYU Teas and Beauty aims to be the pioneer in the "beauty from within" movement and are doing so by providing hydrating and stress relieving essences paired with hydrating and calming teas to nourish your skin from within.



I received a full-size version of the Hydrate Mi Beauty Essence to test and review from [08.Liter USA](#) and have been using it in the morning for the past few days. After cleansing my face, I like to spray this all over my face and neck and then let it absorb for a few seconds before continuing my skincare routine. I have noticed a difference in smoothness of my skin, but one of the biggest takeaways for my skin is the fact that this essence has helped with red spots. After washing my face in the morning, I usually notice that redness is at its peak (no matter which cleanser I use!), usually it takes 1-2 hours for redness to clear, but with this it is gone much quicker in about 30 minutes. A huge difference!

You can purchase the MIYU Hydrate Mi Beauty Essence for \$34 by clicking [here](#). The full size is 2.7 fl. oz and is perfect for travel.

WHAT'S IN IT:

The spray on essence is formulated with wild pansies, which are proved to boost hydration by 20% in as little as 28 days. It also boasts goji berries and mangosteen which are antioxidants! The essence is formulated for all skin types and is free of alcohol (score!), parabens, phthalates, sulphates, dyes, and synthetic fragrance. It's also cruelty-free and Leaping Bunny Certified!

Hydrate Mi Botanicals*:

- **Rose:** imparts soothing and softening properties to the skin
- **Goji berries:** this superfruit is brimming with antioxidants, most notably collagen-enhancing Vitamin C
- **Wild pansy:** promotes more effective water transport throughout the different layers of the skin, thereby improving skin hydration
- **Mangosteen:** known as the “queen of fruits”, this Asian fruit is loaded with age-defying antioxidants

Full ingredient list*: water (aqua), pentylene glycol, glycerin, sodium hyaluronate, hydrolyzed pearl protein, camellia sinensis leaf extract, paeonia albiflora root extract, hydrolyzed viola tricolor extract, rosa centifolia flower extract, lycium chinese fruit extract, garcinia mangostana peel extract, aloe barbadensis leaf juice powder, sodium PCA, panthenol, leuconostoc/radish root ferment filtrate, proline, serine, glycine, glutamic acid, lysine, alanine, arginine, threonine, sorbitol, caprylic/capric triglyceride, phenoxyethanol, betaine, polysorbate 20, disodium EDTA, ethylhexylglycerin*Content from MIYUBeauty.com

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