

This winter, discover healthy beauty finds with Saadia Organics and MIYU Beauty. Also, get tips on how to make a DIY hydrating mask.



Liquid Gold

BY SARAH KIRMANI

Argan oil is renowned around the world for its beneficial properties, but did you know not all Argan oils are created equal? **Saadia Organics 100% Pure Argan Oil**, \$45 CDN, is cold-pressed by hand, leaving it in its purest, vegan form and preserving all its nutrients. Saadia, who the company was named after, is co-founder and co-owner Joël's mother-in-law and the company's production manager. She grew up in Morocco making Argan oil with her female relatives and now uses the decades-old, traditional family techniques to naturally extract the oil in Essaouira, Morocco. Argan oil is ideal to soothe chapped lips, repair and moisturize hair, and strengthen nails. Known as nature's anti-aging product, it's also useful for psoriasis, eczema, dry skin, contact dermatitis, acne, scarring, minor burns and cracked heels. Joël and co-founder and co-owner Ainslie support women by employing single mothers to help empower them and enrich their livelihoods.

Beauty Cheat Sheet:

DIY Hydrating Face Masks

BY SARAH KIRMANI

During these cold winter months we just want to hibernate, so why not host an old-fashioned, beauty-themed slumber party with your besties? This do-it-yourself oatmeal facial mask is the perfect pampering treat.

Here's what you'll need for each person:

- *One-third cup oatmeal*
- *One egg white*
- *Two tablespoons honey*
- *Two tablespoons plain yogurt*

Directions

Mix oatmeal with half a cup of warm water. Once the oatmeal has settled, add yogurt and mix. Finally, add honey and the egg white and mix well. Apply liberally all over your face and wait 20 minutes. Gently splash your face with hot water. Remove the mask using a face cloth.

MIYU Beauty

Ushering in the new year, many of us resolved to get healthier. MIYU Beauty is a new luxurious skin care line that introduces us to artful pairings of skin care products and teas, encouraging us to sip our way to a more beautiful complexion. MIYU, translating to "origin of beauty" in Chinese, is the creation of Connie Tai, a seasoned beauty product developer and beauty blogger. The line combines ancient Chinese philosophies and modern science to address skin care concerns from the inside, out. MIYU Beauty offers two pairings, Hydrate Mi and De-stress Mi. The teas are a blend of nutrient-rich, antioxidant ingredients, and the beauty essence fuses the freshness of a facial mist with the rich nutrients of a serum. The decadent packaging, sumptuous scent and delicious teas make this pretty line one of our new favourites. [i](#)

- MIYU Beauty Tea, \$16 CDN
- MIYU Beauty Essence, \$34 CDN
- MIYU Beauty Pairing, \$42 CDN

Editor's Product Pick

