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SKIN [ANALYSIS] :: Miyu Teas & Beauty De-Stress Mi Beauty Essence Pairing No. 02 {Review}



Photo : Beauty PhD

Your skin is a mirror of your lifestyle. Research shows that 80% of the skin's ageing process is caused by lifestyle factors including lack of sleep, poor diet, stress and UV exposure. Thankfully these are elements that can be within our control.

With MIYU Teas & Beauty, cleverly combining skincare with teas -- their philosophy is to not just treat beauty topically on the outside, but also from the inside.

At MIYU, they use as many natural ingredients as possible, without compromising on efficacy. Borrowing wisdom from the philosophies of ancient Chinese medicine, MIYU combines those teachings with the advancements of today's skincare technology to introduce a revolutionary line of effective beauty products that address skin concerns from the inside out. Drinking tea is a stress reliever, helps aid in digestion, and contains anti-oxidants that are great for the skin. So combining the two elements only made total sense!

Each of MIYU's skincare products contains 3 core signature ingredients, drawing from the teachings of ancient Chinese beauty wisdom:

- 1) Green Tea - For skin protection.
- 2) Pearl - For preservation of youth.
- 3) White Peony - For radiance.

MIYU products are free from parabens, sulphates, phthalates, synthetic dyes & synthetic fragrances -- and they do not test on animals.

The MIYU product I'm currently using is the De-Stress Mi Beauty Essence Pairing No. 02. It came with a tea sachet [which I'm enjoying as I write this blog post]! This line is created for those who multi-task from dawn till dusk, are strained from pressing timelines or are just naturally Type A. Guilty, guilty and guilty. I think this is a very ingenious line with an amazing concept. I use this spray after I wash my face in the morning and throughout the day for an instant boost of calmness. It's like a fusion between a facial mist and a serum. It kind of smells like tea and is very refreshing.

My skin does feel like it has improved. Not sure if it's the product working or maybe a psychological effect [or both!] -- I'll think to myself that "I'm using MIYU, therefore I am at peace with my inner self and in a state of zen." It's like when you use this product, it acts like a reminder that in this fast-pace crazy world, it's ok to slow down and have a little "mi" time. I've also been trying to get more sleep [now that bridal makeup season has slowed down for me, I can finally catch a few ZZZ's]!

Because I'm also from an Asian culture where I grew up with Chinese medicine, I totally get and appreciate the direction in which MIYU has taken their products. Beautiful products with beautiful packaging -- the attention to detail is phenomenal. If you haven't already, you should give MIYU products a try -- and it would also make a really cute gift for the holidays, bridal showers, birthdays or even as a wedding favour!

For more info : www.miyubeauty.com

Happy "Mi" time everyone!

XO,
Maggie Ng
Beauty PhD Blogger

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