

THE PERFECT DE-STRESSING COMBINATIN OF TEA AND FACIAL SPRITZES, BY MIYU

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It's about that time of year where I usually start pulling out my hair with stress. For students, it's right about midterm time with finals looming. For those of us in the real world, somehow work always get busier as we near the holiday season. And the frigid temperatures don't help one bit. So what better time of year to treat yourself or give someone this amazing facial mist and tea combination from MIYU beauty. A full sized Hydrate Mi Beauty Essence which is 2.7 fl. oz., paired with 16 sachets of tea is available for \$42 on miyubeaauty.com. And there is also one other pairing deemed 'De-Stress Mi', and a sampler of both sets available on their website.



I received a sampler kit of MIYU's Hydrate Mi Beauty Essence and delicious floral noted tea, and instantly fell in love. First of all; I'm a tea addict. Second of all; as a blogger who works from her apartment, I've become obsessed with facial sprays to help fend off the effects of working in stale air for 10 hours a day.



(Photo credit: miyubeaauty.com)

The tea is a light and fruity blend of green rooibos, goji berries, rose petals and snow pear essence, perfect to help hydrate parched complexions. It's slightly floral but not flowery tasting, the flavors are very subtle and pleasant, not overpowering. *"Green rooibos contains nine types of flavonoids to ward off age-accelerating free radicals and essential electrolytes to help hydrate from within. Goji berries deliver a healthy dose of Vitamin C, necessary for collagen production."*



(Photo Credit: miyubeauty.com)

The facial spray is also a perfectly faint floral smell, and was very moisturizing and refreshing. *"Wild pansies work to improve aquaporin activity, your skin's natural water transport system, effectively boosting hydration by 20% in 28 days. Sodium hyaluronate binds up to 1000x its own water weight, attracting much needed water to the skin. Signs of thirsty skin disappear, leaving skin dew-kissed."*

I love the idea of pairing teas and beauty products because it just makes sense to treat yourself from the inside and outside. They also guarantee that the facial mist will be good for basically anyones skin, as it is free from parabens, sulphates, phtalates, synthetic dyes & synthetic fragrances.

One note; in the travel size spray the mist is a little less fine than I would prefer. As somewhat of a connoisseur in facial sprays and mists this has become one thing that can sometimes be a deterrent for me. However after corresponding with the lovely PR representative for MIYU, she assured me that the full sized bottle emits a much finer spray. So knowing I already like the formula and scent, I may just have to spring for the full sized Hydrate Mi Beauty Essence soon.