

4 Products to Help You Relax During the Holiday Season!



Posted by **Jessica** on Wednesday, 13 November 2013 in **Product Reviews**

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The holidays are almost here and we all know that after Thanksgiving it all becomes one big blur! To help us stop, breathe, relax and enjoy the moments I have discovered some unique beauty products with some interesting stories that I MUST share with you!

RITUALS Home & Body Cosmetics

In the year 2000 founder Raymond Cloosterman started his adventure from a deeply rooted passion: "I passionately believe that we can transform our daily routines into more meaningful moments if we pay just a little bit more attention to the details." The idea is simple: happiness can be found in the smallest of things. **RITUALS** transforms your everyday routines into moments of indulgence by means of beautiful and luxurious products. The collections are based on Eastern traditions. Each ancient wisdom has its own specifically selected ingredients and distinctive benefits with a luxurious collection of high quality products to enrich body and soul.

I had the opportunity to experience the **Sakura RITUALS collection** which incorporated the Japanese celebration of the Cherry Blossom (Sakura) every year marking the awakening of nature and symbolizes that beauty is momentary and life must be enjoyed. This particular collection blends the sweetness of Cherry Blossom with nourishing Organic Rice Milk to make each day feel like a new beginning. How amazing is that?!

1) Rituals: Sakura Scrub Sugar Body Scrub

This was an amazing body scrub that did its job of scrubbing off my dry, dead skin cells and revealing fresh skin. Like the meaning of the collection it gave my skin a new beginning and it truly looked radiant! This is an essential product to have in all seasons and to use at least once a week to maintain a youthful and healthy skin glow. The scent was of course INCREDIBLE and really was an added bonus to cleansing my skin as it also improved my mood and relaxed my mind.



2) Rituals: Zensation Foaming Shower Gel Sensation



Wow! The first word that comes to mind when I first tried this gel in the shower. I absolutely loved how it dispensed out of the bottle!!! You push down the top and a gel comes out that slowly turns into a light foam that really lathered up tremendously well when cleansing my body! It was like a magic trick because I was surprised at how unique this product was and I was highly impressed by the luxury and high quality of the product. It worked fabulously with a loofah or without anything. I am OBSESSED with this product! The scent was just as amazing as the product itself and completely helps me unwind after a long day and just leave everything behind me so I can enjoy the evening. It eased my mind and cleansed my body and soul :) This would make an elegant gift or a perfect addition to hosting guests during the holidays.

3) Rituals: Magic Touch Body Cream

I was excited to lather on this body cream after my sensational shower experience with the scrub and gel and this product was also nothing less than fabulous! Special technology makes this whipped cream easy to apply, while its rich and velvety formulation nourishes the skin. It contains a unique blend of antioxidants, Vitamin E and the ingredient Centella Asiatica, which helps strengthen your skin. I really enjoyed the texture and feel of this cream on my skin and it didn't feel greasy or oily and once on I consciously didn't think about it again. I didn't have to worry if it would get my clothes sticky or clingy, it blended in flawlessly and left me with amazing skin with a heavenly aroma. As I am sitting here typing I can't help but continuously open the jar and breathe in the fresh and uplifting scent that just takes over my whole body. Perfect products to have before a crazy, busy, stressing holiday season! [Click HERE to buy in the US](#)



MIYU Teas & Beauty

MIYU is a revolutionary line of skincare and teas designed to make life easier for women in today's fast-paced world through healthier lifestyle choices for their skin. While topical creams and cleansers are still a must, MIYU takes beauty to the next level – aiming to redefine the traditional beauty ritual. Each of MIYU's skin care products contains 3 core signature ingredients, drawing from the teachings of ancient Chinese beauty wisdom: Green Tea for protection, Pearl for preservation of youth and White Peony for radiance. The philosophies of ancient Chinese medicine teach that complexions should be nurtured from within.



4) MIYU: De-Stress Mi Pairing

I choose to try this collection because who doesn't want to de-stress? hah. I loved the philosophy that healing and radiance on the outside starts on the inside. The concept is a very interesting one and one I believe in being a vegan. I care about what I put in my body because I know that will help not only my inside health but my also reflect my outer appearance. That being said, I started with the earthy tea blend that is made from peppermint, licorice and chamomile blossoms. When used together with the Beauty Essence Calming Spray, the powerful pair offer potent anti-inflammatory properties perfect for calming stressed complexions. The tea, of course, was delicious...I LOVE tea! I drink it everyday so it was easy to incorporate this into my daily routine. I suggest that if you are hooked on only coffee to at least substitute one of your cups of coffee (or soda or any other junk drink) with a cup of tea. While sipping on my tea I sprayed the Beauty Essence facial mist and was instantly refreshed and rejuvenated I let it air dry but if you are pressed for time (probably the

reason behind your stress) then you can just pat it into the skin and apply moisturizer or makeup over it. This soothing mist has Dandelion, ginger, licorice and honeysuckle that calms inflammation providing further relief to aggravated skin. Peppermint instantly uplifts the mind and releases it from moments of tension, which I experienced right away when spraying this mist. I love using this at night right before bed or even as soon as I walk in the door and need an immediate relax fix! I have also been know to bring it to the office ;) www.miyubeauty.com

These unique and innovative brands have really made a difference in my mood and attitude as winter is beginning to set in with colder temperatures and total darkness starting at 4pm. Throw in the holidays and that would drive anyone's stress level, so I am glad I am equipped and ready this year! I recommend any of these as gifts for loved ones or yourself! Don't forget, it's important to take care of yourself so you can take care of others!

Until next time...**Keep On Being Beautiful You!**

xxoo Jessica

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