

BODY & SOUL

5 BEAUTY TEAS FOR GLOWING SKIN

POSTED BY: ELIZABETH DEHN

JANUARY 20, 2014



BEAUTY
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IMAGE CREDIT: **CASSIE / VEDA HOUSE**

We know what you're thinking and not to worry—we're coffee people, too! Yet, we admit that there's something so mentally and spiritually therapeutic about making and drinking a cup of tea. Tea time is quickly becoming one of our favorite parts of the day and, thanks to some thoughtful purveyors, the latest blends offer beautifying benefits as well. Drink up!



p.s. Bonus points if you use your tea time to try our **2-minute breathing ritual**. It's a game-changer!



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Diet, lack of sleep and stress can take a toll on your glow. Get it back by sipping on this tension busting, anti-inflammatory blend of peppermint, chamomile and licorice. To Buy: **MIYU BEAUTY DE-STRESS MI TEA** (\$16)



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