

sip ON THIS

Miyu pairs teas with topicals for an inside-out beauty remedy.

BY NICOLE LIPPAY

As winter begins and we blast our heaters on high at home, in the car and in the office, our skin feels drier than a desert. But climate issues aside, the Miyu Hydrate Mi Pairing of tea and beauty essence (\$42, miyu-beauty.com) also caters to those who don't drink enough water in a day or consume far too many caffeinated beverages. If this sounds like you—it sure sounds like me!—the Hydrate Mi duo will help your skin out in the winter months.

The Beauty-Essence facial mist refreshes and hydrates, due to the water-binding wild pansy and sodium hyaluronate, while the soft floral

scent adds the perfect touch of luxury to your beauty routine. Spritz the essence all over your face before applying your favourite moisturizer. We also love the Beauty Tea, a light and fruity blend of green rooibos chock full of skin-protecting flavonoids, goji berries, rose petals and snow pear essence. When you're itching for that mid-afternoon coffee, try this tea instead. You'll love the natural flavours, and you won't experience that parched feeling after a cup of coffee. Finally, Miyu's stunning packaging means hydration has never looked prettier!



70%

OF AGING SIGNS ON THE SKIN ARE CAUSED BY EXTERNAL FACTORS FROM THE ENVIRONMENT AND OUR LIFESTYLE. THAT MEANS ONLY 30 PER CENT OF WRINKLES CAN BE BLAMED ON OUR PARENTS! TAKE HEED AND ADOPT A HEALTHY LIFESTYLE.

AGING IN DARK VS LIGHT SKIN

The epidermis, or outermost layer, of dark skin absorbs 70 per cent of UV rays, while the epidermis of light skin only absorbs 25 per cent. Five per cent of the UV rays that reach the outer epidermis of dark skin go as far as the papillary dermis. This is where collagen and elastin are located, the building blocks of strong and healthy skin. Three times that amount—that's 15 per cent—reaches the dermis in a light-skinned subject, resulting in more pronounced, superficial signs of aging.

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