

Introducing MIYU Teas and Beauty

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Samples of Hydrate Mi No. 1

I'm so excited to share today a new lifestyle beauty brand, **MIYU**. It has the unique concept of pairing skincare with teas. Think of it as nourishing your complexion from the inside out! Keep reading to learn more:

About MIYU (via website):

- created by Connie Tai, who noticed city life was taking a toll on her previously problem-free skin. Through further research Connie soon discovered the enormous impact one's lifestyle has on their complexion. In fact, Connie found 80% of skin ageing is caused by factors such as UV exposure, pollution, stress, poor diet and lack of sleep.
- Borrowing from the teachings of ancient Chinese philosophies, Connie created the first lifestyle beauty brand artfully pairing skincare with teas, allowing women to effortlessly pamper their skin from the inside out, in a delightful way. After all, your complexion is a direct reflection of your internal health!
- MIYU is adapted Chinese for "origins of beauty"
- 3 main ingredients: green tea (skin protection), pearl (preservation of youth), white peony (radiance)
- Cruelty-free, never tested on animals
- Free from parabens, sulphates, phthalates, synthetic dyes or synthetic fragrances



Hydrate Mi Full-Size

I was sent the **HYDRATE MI PAIRING {Pairing No°1}** for review.

About:

- This revolutionary *beauty essence* fuses the freshness of a facial mist with the rich nutrients of a serum, while imparting instant hydration to the skin. Our light and fruity *tea blend* is made from green rooibos, goji berries, rose petals and snow pear essence. When paired together, this dynamic duo offers an irresistible way to hydrate parched complexions. Includes a nifty little drawstring bag for makeup, skincare essentials, jewelry or anything in between.
- Try this if you do not drink enough water, consume too many caffeinated beverages, travel frequently, live in dry climates or just naturally have parched skin.

What it does:

- hydrate mi beauty essence: 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.
- hydrate mi beauty tea: 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.

Ingredients:

MIYU's Signature Blend: green tea, white peony, pearl

HYDRATE MI BOTANICALS:

- *wild pansy*: promotes more effective water transport throughout the different layers of the skin, thereby improving skin hydration
- *rose*: imparts soothing and softening properties to the skin
- *goji berries*: this superfruit is brimming with antioxidants, most notably collagen-enhancing Vitamin C
- *mangosteen*: known as the "queen of fruits", this Asian fruit is loaded with age-defying antioxidants

hydrate mi beauty tea:

- *green rooibos*: contains nine types of flavonoids that aggressively fight free radicals so that complexions will look younger, longer
- *goji berries*: naturally rich in vitamin C, necessary to promote collagen production to help keep skin smooth
- *rose petals*: used in Traditional Chinese Medicine for centuries to improve circulation and soothe from within

To Use:

- *hydrate mi beauty essence*: Shake before use. Close eyes, mist onto face and gently press the beauty essence into skin before applying moisturizer.
- *hydrate mi beauty tea*: Boil filtered water, then let it cool to 85°C or 185°F. Steep the hydrate mi beauty tea sachet for 4-6 minutes. Breathe in the lovely snow pear aroma and sip slowly to enjoy a little 'mi' time...
- Mist *hydrate mi beauty essence* daily and enjoy a cup of hydrate mi beauty tea for a dew-kissed complexion.

My Review:

- While I am reviewing the Hydrate Mi, MIYU also offers a pairing for de-stressing.
- I was sent a sample, so I was only able to use the tea once, and the essence several times.
- The pairing is \$42, which provides multiple uses.
- I used this when I was really sick, and it made me feel so much better.
- The tea, unbrewed, was one of the most wonderful smells. I'm serious. I just want sachets of it around my house to make it smell so good.
- The tea was nice, but since I had only one sample, I couldn't tell any long-term effects. It did make me feel better after drinking it. I had a bit of anxiety while I was sick, and this helped me get calm.
- The essence was so refreshing and had a pleasant smell. My skin felt hydrated after using. Great for a pick-me-up during the day for skin. I need another bottle to keep in my travel bag for when I fly!
- If you are looking for a gorgeous gift, or a unique approach to skin care, definitely give MIYU a try.



Tea+ Essence Spray