

SAVE OUR SKIN ^{stressed}

clementine  fields



Pure+simple
Beautiful Skin, Naturally



Feeling A Bit Overwhelmed? Here's My Stress-Busting Skincare Routine.

October 10, 2013 | [15 Comments](#)

Thanks to Mama and Papa Geeks for my good genes, I didn't used to get any breakouts at all. But the stress of the past few months of wedding planning is showing on my skin. Don't get me wrong: my ...

Consonant Skincare DHE Mask * (\$45 [online](#) and [in stores](#)). This is the answer, guys. Overnight miracle worker. DHE stands for detoxify, hydrate, exfoliate. Yesterday's painful red pimples have dramatically improved today after putting on this mask for 30 tingly minutes last night. This 100% natural mask has the same ingredient as their divine serum [HydrExtreme](#), Cassia Angustifolia, which delivers hydration to your skin like no other. The Manicouagan Clay clarifies the skin and AHA exfoliates to reveal smoother skin. I love it so much that I wish I could use it everyday. I'm already counting down to next week when I can use it again. Tick tock!

MIYU Beauty De-stress Mi Beauty Tea * (\$16 [online](#) and [in various retailers](#)). A beauty tea? Really. It's true. This peppermint, licorice and chamomile blossom blend is just what the doctor ordered on very hectic days. It instantly calms the mind and inflammation from within. It is subtly sweet, which I love so much that I sip on this even on not-so-stressful days. Because why not? 😊

Pure + simple Deluxe Aquabrasion Treatment (\$179) and **Super Hydrating Facial** (\$99). The wonderful ladies at this heavenly spa knows that I am a huge fan of the treatments, so they generously offered a bridal treatment package leading up to my big day. My thoughts on the Aquabrasion and Super Hydrating Facial haven't changed. My previous glowing reviews [here](#) and [here](#). Regular visits for these two treatments are your tickets to smooth poreless skin like buttah.

My fellow Canadians who want to delve into clean skincare, have you heard of the online store [Clementine Fields](#)? I'm kind of obsessed with everything they carry. I first put in an order during their Labour Day sale, and it's been love ever since. A few notable things:

One Love Organics Morning Glory Brightening Complexion Booster (\$48 at [Clementine Fields](#)). My latest brand crush is One Love Organics. I am truly smitten. I use Morning Glory morning and night to prep for the rest of my skincare. Three drops of this serum keep my summer glow going, despite windy and dry autumn days. The subtle minty/lemony scent perks me right up on sleepy mornings. Almost awake. Add a little caffeine and we're talking!

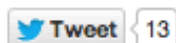
Kahina Giving Beauty Argan Oil * (\$36 for 30 ml, \$82 for 100 ml at [Clementine Fields](#)). I've used two other pure argan oils before, but I don't love them as much as my Kahina argan oil. This is the most luxurious argan oil I've tried by far. This antioxidant-rich lightweight oil is perfect for all skin types. If you haven't gone on board the face oils train yet, do it now! With this! I swear to everyone that putting oils on my face has balanced my then oily skin. 😊 You need this!

Over to you!

What is your stress-fighting skin regimen like? Do you change how you eat/exercise, too? I'm sure that helps a lot!

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