

## "Mi" Time with MIYU Beauty Like 1

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MIYU Beauty Preetea Little Quartet

MIYU Beauty

If there is one daily practice I follow faithfully, it's my "me" time. That's why I was delighted to try MIYU Beauty's [Preetea Little Tea Quartet](#), a beautifully curated sampler of 2 beauty essences and 2 tea pairings.

The gorgeous set comes in packaging reminiscent of a small purse, and I keep it on display even though the products inside have been used. It includes Hydrate Mi and De-Stress Mi Beauty Essence and coordinating Hydrate/De-Stress Mi teas.

Both facial mists are light and work nicely to add extra hydration to the skin. They can be used in place of, or in conjunction with, your typical face serum and moisturizer. Hydrate Mi mist is formulated with goji berries for anti-aging and De-Stress Mi calms free radicals with licorice and honeysuckle. At 15 ml each, these are perfect to keep in your makeup bag for pick-me-ups on the go.

The concept behind including teas with the beauty essences is to not only hydrate the body from the outside, but from the inside as well. I think this is such a clever idea and the set would make a perfect gift for anyone who'd appreciate the intent! My favorite of the two teas is De-Stress Mi. It tastes like a liquid Thin Mint cookie! Hydrate Mi is a bit sweeter, perfect for sipping with lunch in the afternoon. Both are decaffeinated and delicious.

Preetea Little Tea Quartet is an ideal way to try the MIYU brand, as well as to introduce some relaxing tea time. I appreciate the idea of hydrating the body from the inside and outside, and any beauty lover will love adding these rituals to their day. [Discover the set here](#), and enjoy learning more about [MIYU Beauty](#).

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