

BEAUTY

Makeup Monday: Sleep Tips and Navy Nails

September 30 • by [Nicole Chiang](#)

SHARE     0 Comments

I can't believe today is the last day of September—time is really flying! I've been super busy with the beginning of a new season but *Refinery 29* has my back. They published an awesome article of tips to fake a good night's sleep (hint: it's more than just concealer). Beside that, I'm really into my newest beauty discovery, *Miyu*. It's been a while since I discovered a brand that has made me so excited. What great beauty products have you found lately? Tweet us at [@mochimag](#) #makeupmonday to share.

Teas & Beauty

It's no secret that tea can do amazing things for your body. We saw the world's first BB tea in April and learned about tea's overall health benefits. But this week, *The Cut* reported on a newly launched beauty brand: *Miyu*. Based on her belief that great skin stems from the inside out, *Miyu* founder Connie Tai complements "beauty essences" with specially blended teas. The beauty essences are great for girls on the go. Although these are sprayed onto the face like a facial mist, the beauty essences have the technology and potency of a serum. So far, *Miyu* offers two pairings: hydrate and de-stress... but I'm sure we can count on many more in the future.



NICOLE
CHIANG



HIDE BIO

Nicole is the Beauty Editor here at Mochi. She loves immersing herself in all things beauty from swatching new shades on her arms to observing runway trends to drooling over pretty packaging at beauty counters. She can never seem to finish a eyeliner pencil, face cream, or lip balm before she finds another one that she loves even more. Even though she's learned countless tricks and tips from some of her idols through internships at *Marie Claire* and *Allure*, she continues to slack on her daily beauty routine. Outside of the beauty world she longs to live in, she is working towards a degree in English at *Barnard College* in NYC. When she's not stressing over midterms and other deadlines, you can find her trying new restaurants around the city and searching for NYC's best French toast.



— SUBSCRIBE to MOCHI —

Email Address



Sleeping Beauty

Although we know we should be getting 8 hours of sleep, juggling personal and professional commitments can rob us of precious slumber. Worst of all, the bags under puffy eyes are a telltale sign to our co-workers and friends that we're seriously sleep deprived. [Refinery 29](#) has compiled a helpful list of tips to combat skin woes that accompany sleep deprivation. For example, you can reduce under-eye puffiness by applying heat, then cold, to your eyes. The heat helps with circulation while the cold shrinks capillaries, which encourages the drainage of toxins. Plus, there are some other great tips to fake a full night's sleep. This is something I'll be bookmarking for future reference!

NYFW on Your Nails

Designers like [Nicholas K](#), [Rolando Santana](#), and [Zang Toi](#) collaborated with [Zoya](#) to create custom polishes to accompany their presentations. The best part? You can buy most of them and re-create the gorgeous manicures we saw on the runway during Fashion Week. [Zoya](#) posted close-ups and runway photos as well as directions for how to DIY your favorites. My personal pick? The "nail wave" manicure at [Peter Som](#). The trio is for sale at [Zoya.com](#) for \$24 and you can see the other nail polish trios available [here](#). Which manicure will you be copying?

Navy Lust

I'm really feeling navy nails for fall, which I shared [here](#), and apparently, I'm not the only one! [Beauty High](#) did a roundup of the 10 best navy nail polishes, with polishes for every price point. The featured navies are all different—[JinSOON](#) has a textured glitter finished ([Beauty High](#) recommends adding a matte top coat to drive the look home), while [Illamasqua's](#) is metallic, and [Julep's](#) has a classic, creamy finish. Are you going to invest in a navy nail color this season? I know I'll find it tough not to buy them all!

MORE IN BEAUTY



Introducing Our New Dreamer Issue

October 1 • by [Tiffany Ayuda](#)



Makeup Monday: Longer Lashes and Skincare Talk

September 16 • by [Nicole Chiang](#)

MORE BLOG POSTS



Mochi Cover Girl and "The Bling Ring" Star Katie Chang Shares Her Experience at Cannes

May 30 • by [Katie Chang](#)



How to Create Smokey Eyes for Asian Double Eyelids

January 27 • by [Tracy Zhang](#)



How a Beauty Blogger Overcomes a Major Facial Fail

June 18 • by [Tiffany Ayuda](#)