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SLIDESHOW

Beauty From Within: The Latest in Beauty Supplements

Posted Wednesday, April 16, 2014 by Liz Ritter, Managing Editor

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Hydration Helpers

Working as an internal-external duo, the superpretty (yet superpotent) [Miyu Hydrate Mi Pairing](#) fuses a facial spray rich in sodium hyaluronate with a vitamin C–packed tea to deliver a dose of hydration to parched complexions. Not convinced? When used together, the company claims the pair will help the moisture-craved complexions of anyone who doesn't drink enough water or overdoes the coffee throughout the day. \$34