

Sunday, March 2, 2014

My Beauty Ritual MUST HAVE



There are certain things in a woman's beauty ritual that you can't go without; like water, lots of veggies and fruits and my #1 must have MIYU!

MIYU is a revolutionary line of skincare and teas designed to make life easier for women in today's fast-paced world through healthier lifestyle choices for their skin. While topical creams and cleansers are still a must, MIYU takes beauty to the next level – aiming to redefine the traditional beauty ritual.

Miyu pairs tea with skincare products to help nourish skin from the inside out. Miyu is suitable for all complexions and are made from natural ingredients. The Hydrate Mi Pairing was created to hydrate skin and the De-stress Mi Pairing helps calm skin that's aggravated by stress. Each "pairing" consist of a facial mist that also works as a serum to help prime the skin and a canister with 16 sachets of specially formulated tea.



I've been using the Hydrate Mi Pairing for a month now and I'm truly obsessed. I never had skin problems in my younger years but as I get older my skin gets dryer. I have tried countless creams and remedies and somehow my skin never looked as radiant as it did years ago.

I drink one cup on my drive to work and not only does my car smell like heaven but i'm much calmer in the rush of the morning . As soon as I reach my studio, I spray my face with the MIYU mist and stand there for a few seconds as I feel my skin soak it all in. Its truly like a spa experience in the hustle and bustle of my day.

I wanted to wait a month to really experience it and see if it actually made a difference on my skin. Well, its been a month and I can not tell a lie! My skin looks radiant and hydrated! I even stopped using my other creams and lotions! I am a happy gal and I can't go without MIYU, I even keep my mist with me for pick me ups and to just give me a few seconds of aroma heaven.

Adding a tea that promotes better looking skin and help one's collagen production is a plus. The caffeine-free tea is loaded with an antioxidant blend of rooibos (free-radical fighting flavonoids), goji berries (Vitamin C), rose petals and snow pear. I drink 2 cups a day.



Go to [MIYU](#) and see for yourself! I know i will be a life long customer for sure.