

Trend: Beauty From Within

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More and more we are seeing brands looking at beauty from within and it is certainly having a moment within the beauty industry. We know the importance of what we eat and drink but these brands are taking it one step further by also creating supplements or teas that do wonders for the skin. Here are some of the current digestible beauty fixes on the market:

Miyu: A recent discovery for me, Connie Tai founder of *Miyu Teas & Beauty* has created specific teas to go alongside her skincare range. She has produced two difference lines, *Hydrate Mi* and *De Stress Mi* which are designed “to make life easier for women in today’s fast-paced world through healthier lifestyle choices for their sin.” Top of my list is the *A Prettea Little Tea Quartlet* which contains both lines to give the brand a try.



Kusmi BB Detox Tea: Launched around 5 months ago this first ever BB (Beauty Beverage) tea follows the same principles as BB creams by providing you skin with its daily needs. Containing mate and green tea, dandelion, rooibos and touch of grapefruit this tea keeps skin hydrated and radiant.



Blisslabs Nutricosmetics Triple Oxygen Glow Sticks: A supplement that when mixed with water creates an orange “Berocca” type drink. However this has more of a kick with Vitamin B12, green tea, caffeine, Vitamin C and a Super Fruit blend all deliver antioxidant protection, enhance alertness, fights fatigue and delivers a luminous glow. Far better for you than your morning latte hey?!



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