

TUESDAY, NOVEMBER 26, 2013

## BEAUTY ROUND UP: 4 Facial Serums to Help with Hydration

Hydration is key anytime of year but it's especially important now. If you're not already using a serum to help boost your skin's hydration you should really start now. Serums are great because they give your moisturizer more "oomph" with added benefits. Here are 4 I've tested out.



I can be picky about my serums - the texture has to be just right for me and also it has to work well under my makeup as I like to apply my serum in the morning too.

There are many serums out there but these four have been stand outs for me lately.



I'm most excited about these new products by MIYU Beauty. The "Hydrate Mi" pairing (\$42) contains the Hydrate Mi Beauty Tea + the Beauty Essence. This pairing is made for those who don't drink enough water, consume caffeinated beverages and travel often. I definitely fit into the first two categories and earlier this fall I was traveling quite a bit! The beauty essence is EXTREMELY light - in fact it's a facial mist but with the benefits of a serum which makes it great for even those that hate to layer on products. It smells of roses (one of the ingredients) and also contains goji berries, wild pansy and mangosteen. You can spray the beauty essence day and night before moisturizer and simply pat into your skin. To boost the potency of the beauty essence it should be paired with the beauty tea containing green rooibos and essential electrolytes to hydrate from within. I love the idea of hydrating your skin from both inside and out with products that work together.

There you have it! 4 serums that are sure to help keep your skin hydrated even in the cold weather.

So, will you be giving any of these products a try? What are your thoughts on serums - will you include them into your beauty regime?

\*\*\*Disclosure: products were sent for review consideration\*\*\*