



# 5 BEST SUPPLEMENTS FOR STRESS AND SLEEP



# 5 BEST SUPPLEMENTS FOR STRESS AND SLEEP





# BEST SUPPLEMENTS FOR STRESS AND SLEEP





# BEST SUPPLEMENTS FOR STRESS AND SLEEP



HOW TO USE SUPPLEMENTS FOR STRESS AND SLEEP SAFELY



**STRESS LESS. SLEEP BETTER. WAKE UP REVITALIZED.**



# 5 BEST SUPPLEMENTS FOR STRESS AND SLEEP



# K-BEAUTY & BARRIER REPAIR



# 5 BEST SUPPLEMENTS FOR STRESS AND SLEEP



## MAGNESIUM GLYCINATE – RELAXATION MINERAL

- Calms nerves + relaxes muscles
- Supports 300+ body processes
- Gentle on digestion

👉 Nature's Bounty Magnesium Glycinate

## ASHWAGANDHA – THE STRESS BALANCER

- Adaptogen that lowers cortisol
- Boosts resilience in stressful times
- Improves sleep quality

👉 Horbäach Ashwagandha

## L-THEANINE – CALM WITHOUT THE CRASH

- Found in green tea
- Encourages meditation-like brain waves
- Quiets mental chatter without drowsiness

👉 Horbäach L-Theanine 400mg

When it comes to supplements for stress and sleep, keep it simple. Start with the basics—magnesium is often the best first step. Add slowly by introducing one new supplement at a time, so you know what's working for your body.

Match each supplement to your specific need: magnesium or L-theanine for daily calm, ashwagandha for stress balance, melatonin for travel or jet lag, and chamomile as a gentle nightly ritual. And always check with your doctor, especially if you're on medications or managing a chronic condition.

## MELATONIN – RESETTING THE CLOCK

Best for jet lag & rhythm shifts  
Signals the body it's bedtime  
Use sparingly, not nightly

👉 Nature's Bounty Melatonin

## CHAMOMILE EXTRACT – NATURE'S BEDTIME HERB

Reduces anxiety naturally  
Gentle & safe for most people  
Works well as part of bedtime ritual

👉 Horbäach Chamomile Extract

# 5 BEST SUPPLEMENTS FOR STRESS AND SLEEP



Supplements for stress and sleep work best when used simply. Start with magnesium, add one at a time, save melatonin for travel, and use chamomile as a nightly ritual.

The five below are trusted choices to help you stress less, sleep better, and wake up stronger.

## **MAGNESIUM GLYCINATE – RELAXATION MINERAL**

- Calms nerves + relaxes muscles
- Supports 300+ body processes
- Gentle on digestion

👉 Nature's Bounty Magnesium Glycinate

## **ASHWAGANDHA – THE STRESS BALANCER**

- Adaptogen that lowers cortisol
- Boosts resilience in stressful times
- Improves sleep quality

👉 Horbäach Ashwagandha

## **L-THEANINE – CALM WITHOUT THE CRASH**

- Found in green tea
- Encourages meditation-like brain waves
- Quiets mental chatter without drowsiness

👉 Horbäach L-Theanine 400mg

## **MELATONIN – RESETTING THE CLOCK**

Best for jet lag & rhythm shifts  
Signals the body it's bedtime  
Use sparingly, not nightly

👉 Nature's Bounty Melatonin

## **CHAMOMILE EXTRACT – NATURE'S BEDTIME HERB**

Reduces anxiety naturally  
Gentle & safe for most people  
Works well as part of bedtime ritual

👉 Horbäach Chamomile Extract

# 5 BEST SUPPLEMENTS FOR STRESS AND SLEEP



## MAGNESIUM GLYCINATE – RELAXATION MINERAL

- Calms nerves + relaxes muscles
- Supports 300+ body processes
- Gentle on digestion

👉 Nature's Bounty Magnesium Glycinate

## ASHWAGANDHA – THE STRESS BALANCER

- Adaptogen that lowers cortisol
- Boosts resilience in stressful times
- Improves sleep quality

👉 Horbäach Ashwagandha

## L-THEANINE – CALM WITHOUT THE CRASH

- Found in green tea
- Encourages meditation-like brain waves
- Quiets mental chatter without drowsiness

👉 Horbäach L-Theanine 400mg

## MELATONIN – RESETTING THE CLOCK

Best for jet lag & rhythm shifts  
Signals the body it's bedtime  
Use sparingly, not nightly

👉 Nature's Bounty Melatonin

## CHAMOMILE EXTRACT – NATURE'S BEDTIME

### HERB

Reduces anxiety naturally  
Gentle & safe for most people  
Works well as part of bedtime ritual

👉 Horbäach Chamomile Extract

## HOW TO USE SUPPLEMENTS SAFELY

*Start simple:* Try magnesium first.  
*Add slowly:* Introduce one new supplement at a time.

### Match to need:

- Magnesium/L-Theanine → daily calm
- Ashwagandha → stress balance
- Melatonin → travel/jet lag
- Chamomile → nightly ritual

Check with doctor: Especially if on medications or with chronic conditions.



# ★ TOP 10 KOREAN SKINCARE INGREDIENTS TRENDING



## Why Ingredients Matter

K-Beauty continues to set the standard in skincare innovation. From soothing centella to glow-boosting snail mucin, Korean skincare ingredients are leading the way with formulas that actually work.

## Why Ingredients Matter More Than Packaging

It's easy to get distracted by pretty jars and luxury logos. But true results come from the actives inside the bottle. The smartest skincare shoppers now read ingredient lists first – and these 10 proven Korean ingredients are the ones worth knowing.





# TOP 10 KOREAN SKINCARE INGREDIENTS TRENDING



## 1. **Centella Asiatica (Cica)**

Soothes and repairs stressed skin

Example: Skin1004 Madagascar Centella Ampoule

## 2. **Peptides**

Boost collagen, firm skin

Example: Medi-Peel Peptide 9 Volume Bio Tox Cream

## 3. **Snail Mucin**

Hydrates deeply, supports healing

Example: COSRX Advanced Snail 96 Mucin Power Essence

## 4. **Fermented Extracts (Bean, Rice, Soy)**

Balance microbiome, enhance glow

Example: Mixsoon Bean Essence

## 5. **Ceramides**

Strengthen the skin barrier

EXAMPLE: RNW DER. CONCENTRATE CERAMIDE AMPOULE





# TOP 10 KOREAN SKINCARE INGREDIENTS TRENDING



## 6. Bifida Ferment Lysate

Protects against stress + pollution

Example: Ma:nyo Bifida Biome Complex Ampoule



## 7. Hyaluronic Acid (Low Molecular Weight)

Plumps skin with deep hydration

Example: Torriden DIVE-IN Toner

## 8. Niacinamide

Brightens, controls oil

Example: Mediheal Hyaluronate / Niacinamide Pads



## 9. Panthenol (Pro-Vitamin B5)

Calms irritation, locks in moisture

Example: Panthenol (Pro-Vitamin B5) K-Beauty Serum

## 10. Red Ginseng Extracts

Antioxidant-rich, improves circulation and glow

Example: PROOT Ginseng Serum





SMART CHOICES ARE THE NEW LUXURY





**SAME GLOW  
92% CHEAPER**

**LUXURY CREAM EXPOSED: THE \$300 DUPE YOU DON'T NEED**





# TOP 10 SKINCARE DUPES 2025: LUXURY VS. BUDGET



6.

LUXURY: **TATCHA DEWY SKIN CREAM** (~\$65–\$85)

BUDGET DUPE: **D'ALBA WHITE TRUFFLE FIRST SPRAY SERUM** (~\$30)

INGREDIENTS: BOTANICALS FOR RADIANCE

7.

LUXURY: **DR. BARBARA STURM HYALURONIC SERUM** (~\$300–\$325)

BUDGET DUPE: **TORRIDEN DIVE-IN TONER** (~\$20)

INGREDIENTS: MULTI-WEIGHT HYALURONIC ACID

8.

LUXURY: **LANCÔME ADVANCED GÉNIFIQUE** (~\$95–\$120)

BUDGET DUPE: **RNW DER. CONCENTRATE CERAMIDE AMPOULE** (~\$25)

INGREDIENTS: BARRIER REPAIR & HYDRATION

9.

LUXURY: **GLAMGLOW SUPERMUD MASK** (~\$55–\$70)

BUDGET DUPE: **MEDIHEAL HYALURONATE WATERMIDE MASK** (~\$12)

INGREDIENTS: DETOX & HYDRATION

10.

LUXURY: **SUNDAY RILEY GOOD GENES** (~\$80–\$95)

BUDGET DUPE: **COSRX AHA 7 WHITEHEAD POWER LIQUID** (~\$16)

INGREDIENTS: GENTLE EXFOLIATING ACIDS



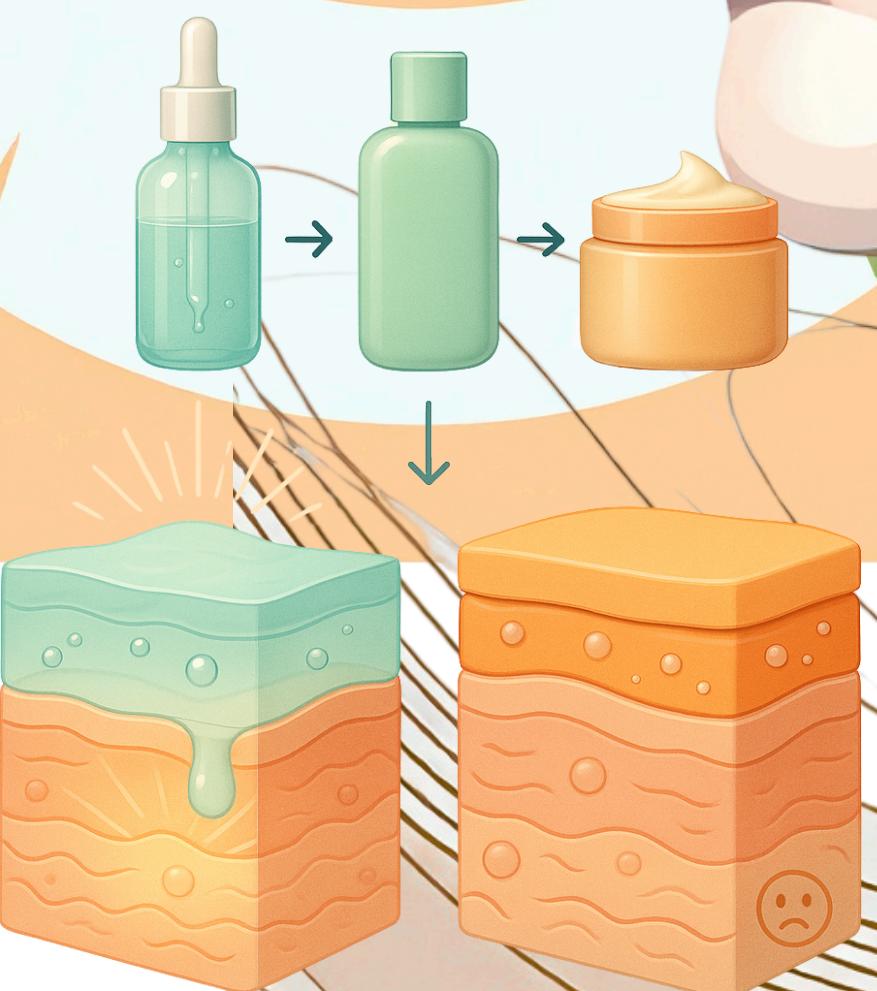


# HYDRATION

HYDRATION IS ALWAYS THE  
FIRST STEP TO RECOVERY.



MY GO-TO RESET:  
MEDIHEAL N.M.F INTENSIVE  
HYDRATING MASK





# STEP-BY-STEP PLAN TO TRY AI SAFELY



## NO BETA-TESTING ON MY FACE

I don't believe in being the guinea pig. If something hasn't been refined, I wait.

## BARRIER, HYDRATION, AND SUNSCREEN COME FIRST

These three are non-negotiable, whether I'm in Seoul, New York, or at home.



## TECH IS A TOOL, NOT A DRIVER

AI can add value, but it doesn't decide for me, I use it for awareness, not as the authority.



## REALISTIC > TRENDY

I'd rather stay a step behind the hype than rush in and regret it later.

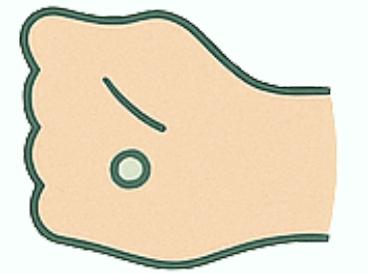
	<b>1</b> <b>Anchor with Basics</b> Cleanser, moisturizer, sunscreen first		<b>2</b> <b>Choose One Focus</b> Oil, tone, or sensitivity – not all at once
	<b>3</b> <b>Input, Not Orders</b> AI suggests, but you decide		<b>4</b> <b>Patch Test 7-10 Days</b> Same spot, watch carefully
	<b>6</b> <b>Keep a Skin Log</b> Notebook or photos to track progress		<b>8</b> <b>See a Derm</b> Professional advice for concerns
	<b>9</b> <b>Re-Evaluate at 6-8 Weeks</b> Keep what works. drop what doesn't		<b>10</b> <b>Adopt Later, Not First</b> Wait for refined versions, not version one

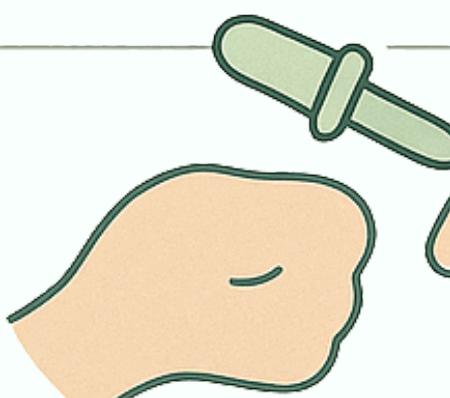


# STEP-BY-STEP PLAN TO TRY AI SAFELY

1  **Anchor with Basics**  
Cleanser, moisturizer, sunscreen first

2  **Choose One Focus**  
Oil, tone, or sensitivity – not all at once

3  **Input, Not Orders**  
AI suggests, but you decide

4  **Patch Test 7-10 Days**  
Same spot, watch carefully

5  **Change One Thing**  
Wait 2-3 weeks before adding another product



6 **Keep a Skin Log**  
Notes or photos track progress



7 **Protect Barrier First**  
Reset if irritation shows



8 **See a Derm**  
Professional advice for concerns



9 **Re-Evaluate at 6-8 Weeks**  
Keep what works



10 **Adopt Later, Not First**  
Wait for refined versions

# SKINCARE LAYERING ROUTINE ORDER



## LIGHTWEIGHT FOUNDATIONS

When learning how to layer skincare products, always begin with the lightest, most water-based steps. These products absorb quickly and prepare your skin for the treatments that follow.



### 1. CLEANER

Morning: use a gentle cleanser to remove overnight oil.

Evening: double cleanse if you've worn makeup or sunscreen.



### 2. TONER or ESSENCE

Lightweight hydrators that balance pH and add the first layer of moisture.



### 3. SERUMS (ACTIVES)

Apply targeted treatments like Vitamin C (AM), niacinamide, hyaluronic acid, or retinol (PM).



**Remember:** Lightweight products always go first—this is the “light” side of the layering spectrum.

## SEAL & PROTECT

### 4. EYE CREAM

Light formula absorbs before creams.



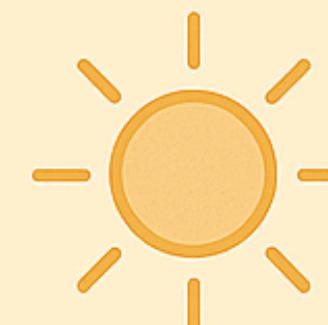
### 5. MOISTURIZER

Locks in hydration and actives.



### 6. FACE OIL (OPTIONAL, PM ONLY)

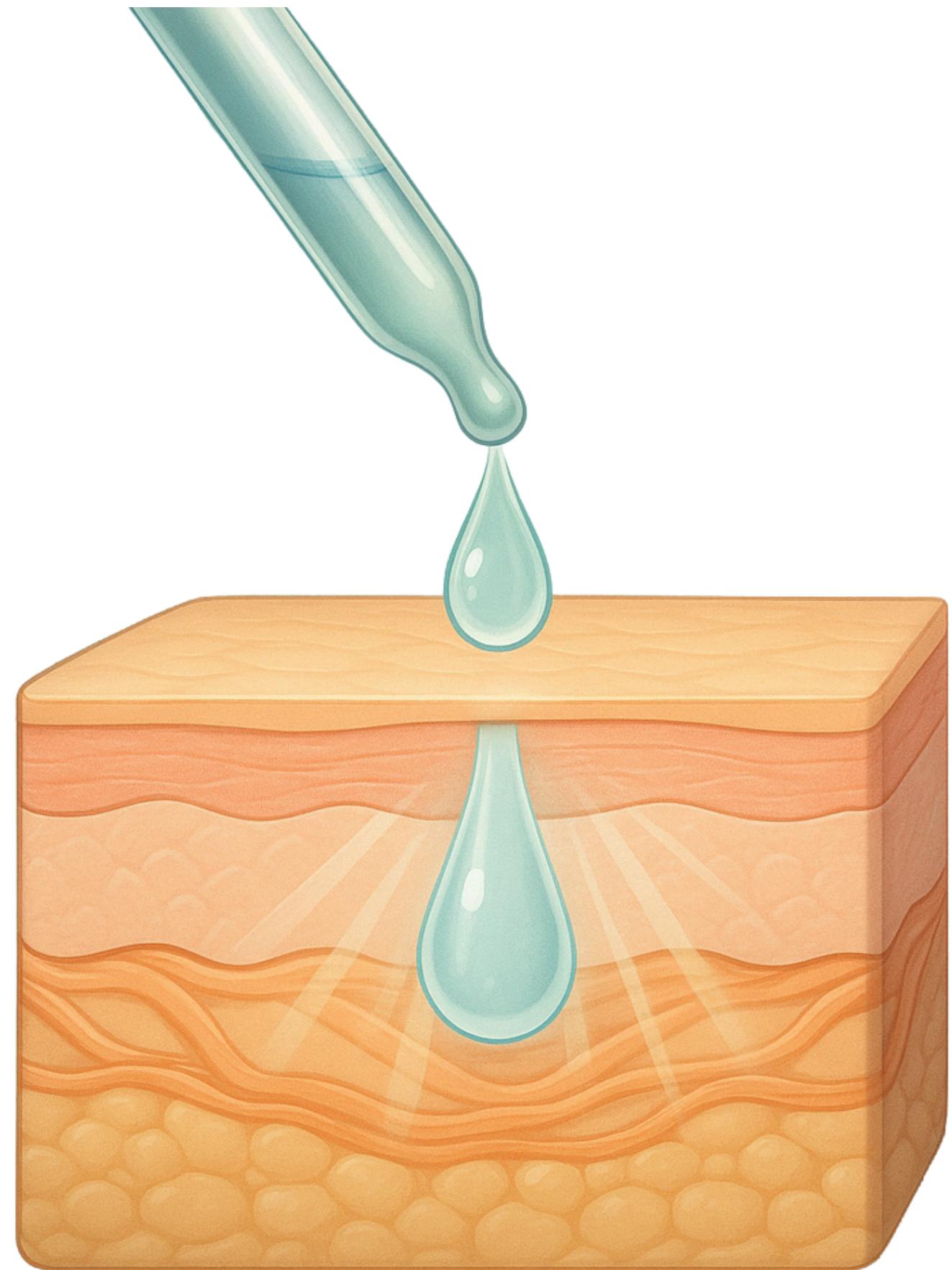
Seals in moisture overnight.



### 7. SUNSCREEN (AM ONLY)

The essential final shield.







# THE HIDDEN LINK BETWEEN PAIN AND SLEEP DEPRIVATION



It cools irritation, restores moisture, and leaves my skin refreshed overnight.