

# 5 Amazing Benefits of **GREEN TEA** for Glowing Skin



**Superhero!**  
skin+care

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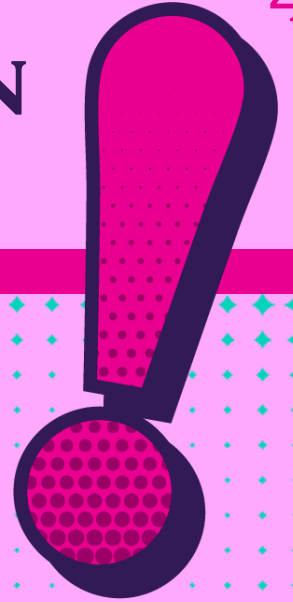
# WHY GREEN TEA?

Green tea is a powerhouse for skin; it's rich in antioxidants, polyphenols, amino acids, xanthine alkaloids, pectin, saccharides, chlorophyll, triterpene saponins as well as Vitamins A, B1, B2, B3, C and E. This is just a few of the many proven ways green tea supports health:

- Anti-Cancer; antioxidants fight free radicals; the tea also restricts blood vessel growth to affected cells, essentially starving them
- Stimulant; caffeine and tannins lessen fatigue, sleepiness, lethargy, malaise and improves circulation
- Immune System Enhancement; Catechins prevent bacteria and viruses from attaching to cell walls.
- Anti-Microbial; heightened immune system helps fight against dysentery, diarrhea, tooth decay, indigestion, colitis, colds, cough and flu and other microbial and fungal ailments
- Dental health; protection against tooth decay, loosening of teeth and bad breath
- Heart health; lowers blood pressure, reduces LDL cholesterol and prevents conditions associated with thickening of blood such as arterial sclerosis, thrombosis, cardiac arrest and cerebral strokes
- Recovery; the compound epigallocatechin gallate (EGCG) hastens recovery process from heart attacks and strokes
- Anti-diabetic; alkaline properties, when no sugar is added to tea, reduce blood sugar levels; the combination of anti-oxidizing and astringent properties improve pancreatic function, allow for better insulin secretion and improve the body's use of glucose
- Weight loss; improves metabolism and decreases fat storage; helps body use energy more efficiently
- Stress-relief, memory; the compound Theanine stimulates alpha waves in the brain, encourages calm awareness and improves overall concentration
- Anti-Inflammatory; helps arthritis and other inflammatory issues
- Bone health; maintains bone density, reduces risk of osteoporosis

While the health benefits of green tea are impressive, so are the benefits for skin! Let's look at the top five reasons to use green tea for skin care.

# BRIGHTEN YOUR SKIN



Green tea brightens your skin by helping to remove toxins, reduce inflammation, and resolve blemishes and scars.

According to a 2003 study conducted by the Medical College of Georgia, green tea helps in skin rejuvenation and can be used to treat skin diseases and wounds.

**Try this:** After you brew a pot of green tea, set aside 2 tea bags and let them cool. Scoop out the tea and 1 to 2 teaspoons of raw honey or maple syrup.

Mix in a little lemon juice. Apply this blend on your face and allow it to sit for 5 to 10 minutes. Rinse it off with lukewarm water. Use this face mask once or twice a week.

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# REDUCE PUFFINESS AND DARK CIRCLES

Say goodbye to puffy eyes and dark circles!

Dark under-eye circles begin in the capillaries. When the blood vessels become fragile, they can be easily broken, and a substance called hemoglobin leaks out into the surrounding skin. As hemoglobin breaks down, dark discoloration around the eye happens. Poor circulation is another cause of discoloration under the eyes. Without oxygenated blood, a bluish tinge appears in that delicate under eye area.

Research shows that a caffeine and vitamin K combo helps reduce dark circles and puffiness. Tap into this healing by using caffeinated green tea as a topical treatment because green tea leaves contain both caffeine and vitamin K.

**Try this:** take the contents of 2 green tea bags (not used) and use the back of a spoon to grind them into a fine powder. Stir the green tea powder into 1

Tablespoon of coconut oil and apply a small amount under each eye (be careful not to get it in your eye!). Sit back and relax for 15 minutes. Then use a warm washcloth to remove any residual mask. This remedy can be applied twice a day.

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# GRACEFUL AGING

The anti-aging and antioxidant benefits of green tea can help delay the signs of skin aging (sagging skin, sun damage, age spots, fine lines, and wrinkles).

It's the polyphenols in green tea that help neutralize the free radicals which are responsible for damaging skin and accelerating the aging process. Beyond helping your skin look great, polyphenols can even help prevent skin cancer.

Try this:

Puree  $\frac{1}{2}$  an avocado and mix in 1 tablespoon of ground green tea leaves, and some turmeric powder.

Apply this mixture on your face and neck.

Allow it to sit for 20 minutes before rinsing it off with lukewarm water. Use this face mask once or twice a week.

Alternatively, mix 1 teaspoon matcha powder and a few drops of water to make a paste.

For dry skin, mix 1 teaspoon matcha,  $\frac{1}{2}$  teaspoon coconut oil, and  $\frac{1}{2}$  teaspoon of warm water.

Apply this mixture on your face and let it sit until it dries completely. Rinse it off with warm water. Do this a few times a week.

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# BUH BYE ACNE!

There are 3 main causes of acne and pimples... bacteria, hormone imbalance and excess sebum production. Green tea can help with all three!

Acne-causing bacteria will be a thing of the past once you start tapping into the catechins in green tea. Catechins are antibacterial and help regulate hormonal imbalances in the body. Bacteria and hormone imbalance are two of the most common causes of acne.

Green tea extract is effective in controlling excess sebum production. The anti-inflammatory properties help reduce redness and swelling around breakouts, so they heal more quickly and don't feel quite so unsightly.

**Try this:**

**Brew a strong cup of green tea and allow it to cool.**

**Use a cotton ball to apply the cooled solution to the affected area. No need to rinse unless you experience irritation.**

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# SOOTHE & PROTECT

Just when you thought it couldn't get any better... green tea boasts more amazing benefits! The theobromine, polyphenols, and tannic acid in green tea leaves are effective in soothing and healing sunburned skin by neutralizing the damage caused by UV ray exposure.

Even deeper protection was noted in a 2011 study published in the Biochemical and Biophysical Research Communications journal. That study found that the EGCG in green tea prevents melanoma (a type of skin cancer) by inhibiting genes that activate inflammation.

**After sun exposure, try this:**

**Brew 2 to 3 cups of strong green tea and put it in the refrigerator cool. Leave the tea bags in the container as the mixture cools.**

**Soak a soft cloth in the tea and gently apply it to the sunburned areas.**

**Repeat 2 or 3 times a day to relieve pain and redness.**

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