

Green Tea Benefits for Skin

Any logical tea drinker will look at green tea and agree that it is good to drink, especially with the flavors that are available. However, green tea is much more than just flavored water in a cup. It has grown much faster and expanded its abilities to help you continue to be healthy. For those that are not convinced that this miracle in a cup is good for you, why not look beyond the benefits of drinking it. Green tea also benefits the skin, helping you to maintain a healthy and younger look.

When you apply the green tea plant to your skin, you will begin to notice a difference. One of the components that it has in it is an anti-aging ingredient. Those who use this natural extract on their skin are known for looking youthful. How is this achieved? This miracle tea in a cup has a special antioxidant that is in it. This antioxidant is used to clear cell damage on the skin, repairing what may have turned into wrinkles, blemishes, or other impurities.

Green tea benefits for the skin are not only with the anti-aging materials in them. If you want a natural sun screen, this may be the way to go. If your skin has been exposed to UV radiation, it causes the skin to become looser with oxidation moving in between the cells. Over time, the immune system that is working for your skin will slow down causing you to wrinkle from the sun. The green tea, when used with sun block, can help reduce or completely erase this damage. The cells that are affected by the green tea will become stronger and will work together, making the UV rays become a blemish of the past.

Of course, because this particular plant is an all in one ingredient, it will also make sure to care for those deeper and more damaging problems. Green tea will benefit the skin by helping to reduce or eliminate problems with skin disorders, such as warts, psoriasis, and rosacea. Another skin disorder that many of us have, acne, can also be eliminated by applying on some extra green tea extract.

If you want to have youthful looking skin without the blemishes, why not go natural. Green tea is known to benefit the skin in almost every way, leaving your face and body looking healthy, young and smooth. You can find the best way to care for your skin by simply finding the natural that was meant to help you look your best.

Source: <http://www.articlecircle.com>

About the Author

Julie Health has provided you with an article on green tea and skin at <http://www.benefitsofgreentea.info/2007/green-tea-benefits-for-skin.php> She writes about the benefits of drinking green tea for <http://www.benefitsofgreentea.info>