

Green Tea for Skin: Drinking vs Applying

From the Teas.co.uk wiki

Green tea for skin, in short: applying it (in skincare or as a cooled compress) has better evidence than drinking it. Green tea polyphenols are anti-inflammatory and antioxidant on the skin; drinking green tea helps your antioxidant intake but is not a skincare routine.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Green Tea for Skin: Drinking vs Applying. Canonical: <https://teas.co.uk/wiki/green-tea-for-skin/>*

Last reviewed by the teas.co.uk team in May 2026.

Green tea turns up in a lot of skincare for good reason, its polyphenols are antioxidant and anti-inflammatory. But there is a real difference between putting it on your skin and drinking it. Here is the honest split.

Applying green tea

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Applying green tea, Green Tea for Skin: Drinking vs Applying. Canonical: <https://teas.co.uk/wiki/green-tea-for-skin/>*

Topical green tea extracts have the better-studied skin effects: antioxidant and anti-inflammatory action, and some photoprotective interest in research. A cooled green tea compress is a gentle, harmless thing to try for tired or slightly irritated skin. See [Wikipedia: green tea](#).

Drinking green tea

Drinking it contributes antioxidants and fluid, which is good for you generally, but the direct effect on how your skin looks is modest. Enjoy green tea for its own sake; treat any skin benefit as a small bonus rather than the reason.

Sensible expectations

Neither drinking nor applying green tea is a treatment for acne, eczema or ageing. For those, a pharmacist or dermatologist and proven actives will do far more.

At a glance

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Use	Evidence
Topical (skincare / compress)	Better studied; anti-inflammatory, antioxidant
Drinking	Antioxidant intake; modest skin effect
As a treatment for skin conditions	Not a substitute for proper care

FAQ

Is green tea better for skin drunk or applied? Applied has the stronger evidence; drinking is a general health plus.

Can I use cooled green tea on my face? Yes, as a gentle compress; it is harmless for most people.

Will it clear acne? No; see a pharmacist or dermatologist for that.

This is general information, not medical or dermatological advice. Patch test anything new, and see a professional for a persistent skin concern.

FROM THE CURATOR *teas* · Spend less on prestige, more on freshness. A two-month-old supermarket bag still beats a three-year-old gift tin.

Sources

- [Wikipedia: green tea](#)
- [Wikipedia: Camellia sinensis](#)

Part of: Tea, Skin & Hair

- [Tea, skin and hair \(overview\)](#)

Related reading

- [Green tea](#)
- [Matcha explained](#)

Shop green tea: [green tea](#), [matcha](#), the [green tea range](#), or the full [tea shop](#) (free UK postage over £35).

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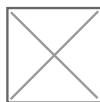
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