# Tea, Skin and Hair

From the teas.co.uk wiki

> **Tea, skin and hair, in short:** drinking tea will not transform your skin or regrow hair, and any responsible page has to say so. The real, modest bits come down to cooled tea bags for puffy eyes and a tea rinse for temporary shine. The rest is marketing.

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

**Tea is pleasant to drink, but it is not a skincare or haircare routine. Here is what holds up, what is harmless fun and what is pure marketing, so you can enjoy your cup without believing the hype.**

## What is actually supported

Green tea contains polyphenols, and green tea extracts applied to the skin have been studied in research. Drinking tea adds fluid to your day, but it does little for how your skin looks, at best a modest effect. See Wikipedia: green tea and green tea for skin, drinking vs applying.

## Harmless and genuinely useful

- **Cooled tea bags for puffy eyes.** The caffeine and cool temperature briefly constrict blood vessels, which can reduce puffiness. Real, but temporary.
- **A cooled tea rinse for shine.** Can leave hair looking glossy for a while; it is cosmetic, not growth.

## What tea will not do

There is no good evidence that drinking tea clears acne, treats eczema, builds collagen to order, or regrows lost hair. Those are conditions for a pharmacist, GP or dermatologist, not a teapot. Be wary of any product promising them.

## What helps skin and hair more

- Sleep, a varied diet and not smoking
- Sun protection
- Staying hydrated (water as much as tea)
- Seeing a professional for a persistent skin or hair problem

## At a glance

| Claim | The verdict |
|---|---|
| Green tea polyphenols | Real, modest when drunk |
| Tea bags for puffy eyes | Works briefly (caffeine + cool) |
| Tea rinse for shine | Cosmetic, temporary |
| Clears acne / regrows hair | No good evidence |

## FAQ

**Is tea good for your skin?** Mildly at best, and it is not a treatment.

**Do tea bags help puffy eyes?** Yes, briefly, thanks to caffeine and the cool compress.

**Can tea regrow hair or clear acne?** No. See a professional for those.

This is general information, not medical or dermatological advice. For a persistent skin or hair concern, see a pharmacist, GP or dermatologist.

FROM THE CURATOR

*teas* · Freshness beats provenance for most drinkers. Buy a smaller bag more often.

## Sources

- Wikipedia: green tea
- Wikipedia: caffeine

## Skin & hair guides

- Green tea for skin: drinking vs applying

## Related reading

- Green tea
- Matcha explained
- Herbal tea overview

Shop antioxidant-rich teas: green tea, matcha, the green tea range, or the full tea shop (free UK postage over £35).

## Other pillar guides

- Tea for Sleep

- Tea for Colds and Flu
- Tea for Digestion
- Tea Health Benefits
- Best Tea Brands UK

### More from the tea wiki

- Green tea
- Black tea
- Oolong tea
- White tea
- Herbal tea
- Caffeine in tea
- How to make tea properly
- Loose leaf vs teabag


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