

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 honest page has to say so. The real, modest bits: green tea's antioxidants, cooled tea bags for puffy eyes, and a tea rinse for temporary shine. The rest is marketing.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Tea, Skin and Hair. Canonical: <https://teas.co.uk/wiki/best-tea-for-hair-and-skin/>*

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

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

What is actually supported

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What is actually supported, Tea, Skin and Hair. Canonical: <https://teas.co.uk/wiki/best-tea-for-hair-and-skin/>*

Green tea contains antioxidant polyphenols, and topical green tea extracts have some evidence for anti-inflammatory and antioxidant effects on skin. Drinking tea contributes to those antioxidants and to general hydration, but the effect on how your skin looks is modest at best. See [Wikipedia: green tea](#) and [green tea for skin, drinking vs applying](#).

Harmless and genuinely useful

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Harmless and genuinely useful, Tea, Skin and Hair. Canonical: <https://teas.co.uk/wiki/best-tea-for-hair-and-skin/>*

- **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

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Claim	Honest verdict
Green tea antioxidants	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, via antioxidants and hydration; 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

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Skin & hair guides, Tea, Skin and Hair. Canonical: https://teas.co.uk/wiki/best-tea-for-hair-and-skin/*

- [Green tea for skin: drinking vs applying](#)

Related reading

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Related reading, Tea, Skin and Hair. Canonical: https://teas.co.uk/wiki/best-tea-for-hair-and-skin/*

- [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](#)
- [UK Tea Brands](#)

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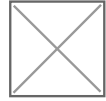
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